

express

A PUBLICATION OF **The Washington Post** | LIVE ALL DAY AT WWW.READEXPRESS.COM | MAY 13, 2008 | >> **FREE** <<

\$499/Eye Any Rx Lasik!
Customize Lasik*
0 Down • 0 Interest • 100% Financing
I-SURGEONS
202.464.5216 301.738.0339
703.533.0025
24th & I St., Foggy Bottom
AnyRxLasik.com
i-surgeons.com

BOTOX \$199
Guaranteed Results*
Restylane \$350
Radiesse • Sculptra
\$45 Laser Hair Removal Upper Lip or Chin
202.452.1332 410.730.7226
703.533.1025
24th & I St., Foggy Bottom
vitasurgical.com
WINTER SPECIAL

Tuesday



Pedestrians battle the weather in D.C. on Monday.

Drenched: D.C. area battles floods, outages from storm | **12**

Rich Food: Restaurants and retailers deny price gouging | **4**



Crown Jewel: Big Brown jockey sets sights on win at Preakness | **19**

ENTERTAINMENT

Diva Los

Vegas: Cher has found her twin in a city. Plus, Andrew Adamson makes another 'Narnia', and Duffy gives us '60s-style heartache.

>> **13-17**



Massive Earthquake Kills Thousands in China



EMERGENCY EXIT: Medical staff and family members evacuate patients from a hospital in Chongqing Monday after a 7.9-magnitude earthquake rocked southwest China. More than 8,700 people were killed in the country's worst quake in 30 years. ♦ **Devastation:** Victims buried under piles of rubble | **Page 7**

Dems Score Big in New Poll

Yet McCain eludes anger at Bush in new Post-ABC survey

Americans are gloomier about the direction of the country than at any point since 1992, and Democrats have matched their biggest advantage in 25 years as the party better able to deal with the nation's main problems, according to a new Washington Post-ABC News poll.

Despite more than eight in 10 now saying the country is headed in the wrong direction, and growing disaffection with the Republican Party, Sen. John McCain, the GOP's presumptive

presidential nominee, remains competitive in a general election matchup with Sen. Barack Obama, the favorite for the Democratic nomination, and runs almost even with Sen. Hillary Clinton. Those findings indicate that McCain continues to elude some of the anger aimed at President Bush, whose own approval dipped to an all-time low in Post-ABC polling. Overall, Democrats enjoy a 21-point advantage

over Republicans as the party best-equipped to handle the nation's problems.

As the Democratic race nears the end of its primary-caucus season, Obama holds a 12-point advantage over Clinton as the preferred choice for the nomination. More than six in 10 Democrats say Obama has a better shot at winning in November, and, for the first time, Obama has the edge on the question of who is the "stronger leader."

JON COHEN AND DAN BALZ (THE WASHINGTON POST)

♦ **No harm:** Democrats polled say the elongated campaign won't damage the nominee | **Today's Post, A1**



IF HE IS NOMINATED, SHOULD BARACK OBAMA ASK HILLARY CLINTON TO BE HIS RUNNING MATE? **A YES B NO**

WWW.READEXPRESS.COM | VISIT OUR WEB SITE TO CAST YOUR VOTE. FOR MONDAY'S POLL RESULTS, SEE PAGE 36



TUESDAY
72 | 53



WEDNESDAY
78 | 56



THURSDAY
76 | 56

TODAY: Mostly sunny and warmer, with slight breeze; a clear evening | **34**

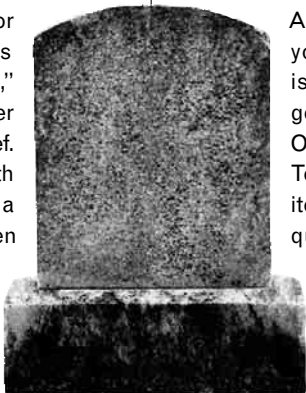
eyeOpeners

UNDER THE SEA

Ariel and Sebastian Are Given First Dibs

About 45 feet beneath the ocean's surface lies a cemetery with gates, pathways, plaques and even benches. The Neptune Memorial Reef, which opened last fall, is seen by its creators as a perfect final resting spot for those who loved the sea. They hope that one day the reef will cover 16

acres and have room for 125,000 remains. "This is simply as good as it gets," said Gary Levine, a diver who conceived of the reef. The ashes are mixed with cement and fitted into a mold, which a diver then secures into the reef. A plaque is installed with the person's name and date of birth and death. (AP)



DESPERATION

Chicago Sends Out Few in Search of Fun

Dozens of students from the University of Chicago returned Sunday from a four-day multistate trek dubbed the world's largest scavenger hunt after trying to find a car horn that plays "La Cucaracha," among other things. The list of 269 items includes having

"a Nobel Prize winner or 'Weird Al' Yankovic witness your organ donor registration" and trying to get "Obama's haircut at Obama's barbershop." Teams get points for the items they bring back or questions they answer correctly. The scavenger hunt includes a road trip as far as 1,000 miles from Chicago. (AP)



WILLIAM WEST/AP/GETTY IMAGES

SPORTS

'I Challenge You to a Duel'

This is what the fencing Australian seniors in this picture are thinking: "Take ... that! Aaand ... this!" Odd as it may look, there is a purpose to the seniors' swordplay. The retirement home says the exercise helps with the residents' movement and mental sharpness. Plus, you never know when a fourth musketeer will be needed. (EXPRESS)

SURVIVAL

Shark Fails to See Humor in Situation

An Australian swimmer says he sur-

vived a mauling by a 16-foot shark by wrestling with the beast, finally getting free by poking it in the eye. The shark seized Jason Cull by the left leg as he was swimming in Australia on Satur-

day. "I sort of punched it, and it grabbed me by the leg and dragged me under the water," Cull said. "I felt along it, I found its eye, and I poked it in the eye, and that's when it let go." (AP)

Washington's Best Kept Secret

Harper's

A "Mini Loehmann's" in L'Enfant Plaza, S.W.
Kasper, August Silk, Tahari & Calvin Klein at 20%-50% Off.
Conveniently loc. on the Orange, Blue, Yellow & Green Lines.
Open M - F, 9:30 to 6 Tel. (202) 554-5014

THIS AD GOOD FOR 10% OFF ANY NON-SALE MDSE. Exp. 5/16/08

DO YOU SUFFER FROM GRASS ALLERGIES?

If your answer is "yes" you may qualify to participate in a clinical research study for those who suffer from seasonal grass allergies.

All study related care and study medication are provided at no cost to you.

If interested, please contact:
Millennium Clinical Trials at 703-527-8100
(we are metro accessible!!)



Place your Classified ad today. 202-334-6200.

express
www.readexpress.com

X167k 2x1

CAR INSURANCE WITH
PERSONAL SERVICE.
NO EXTRA CHARGE.

Kevin Gallagher, Agent
Bus: 703-525-9500
www.bowtieguy.net



State Farm Mutual Automobile Insurance Company
State Farm Indemnity Company
P040203 Bloomington, IL • statefarm.com® 05/05

Herniated Disc Technology Discovered by Scientists

A new free report has recently been released that reveals how breakthrough medical technology is offering new hope for sciatica sufferers. Discover how research has proven non-surgical spinal decompression successful in treating debilitating back pain. Find out how why an accidental discovery lead to the most promising treatment today. For your free report entitled, "How High Tech Non-Surgical Procedures Now Improve Life for Those with Lower Back Pain, Disc Herniation and Disc Degeneration" call 1-888-749-9136 for the toll-free 24 Hour recorded message. Supplies are limited - call now. If phone lines are busy, visit: www.DiscReliefVA.com

Presidential Dental group



Take your first step to feeling good, looking great and making a memorable impression everytime you smile!
Catering to the busy downtown professional...
...all set in a comfortable, state of the art atmosphere.

You owe it to yourself!

- Zoom! whitening
- Invisalign braces
- Lumineers
- Veneers
- Porcelain Crowns
- Root Canal Therapy
- Emergency Care
- Routine Dental Care

Andrea S. Flamer, D.D.S.
1026 16th Street, NW
Suite 105
Washington, DC 20036

(202) 737-7025
healthysmiledc@hotmail.com
dentalcarewashingtondc.com

INFLUENZA STUDY

VOLUNTEERS SHOULD MEET THE FOLLOWING CRITERIA:

- Be a healthy adult between the ages of 18 and 70
- Must not have had prior nasal or sinus surgery
- Must not have chronic medical problems affecting the nose or lungs

HEALTHY VOLUNTEERS NEEDED Doctors at the National Institutes of Health are conducting a new research study (08-1-0093) to test the safety of a medication that is being studied for its ability to prevent infections from influenza and other viruses. Volunteers will be asked to participate in the study for a total of 28 days. The study medication cannot cause infection.



AS PART OF THE STUDY, VOLUNTEERS WILL BE ASKED TO:

- Receive 1 to 2 doses of the study medication administered nasally
- Attend up to 5 visits
- Consent to having their blood drawn

Volunteers will be compensated for their participation.

The study takes place on the NIH campus in Bethesda, MD, which is easily accessible by Metro.

Please call 1-800-411-1222 (TTY: 1-866-411-1010) for more information or visit www.NIHFluStudies.com. Se habla español.



MILE-HIGH SNUB: A Southwest Airlines passenger was charged with disorderly conduct Monday for using his cell phone while his flight was airborne. A Southwest spokeswoman said the male passenger defied flight attendants and refused to end his call.

Nation

THE TRAIL

DAILY DIARY | WASHINGTONPOST.COM



JAC C. HONG/AP

DELEGATES

Michigan-Bound

With the Democratic nomination in sight, Sen. Barack Obama will fly Tuesday to Michigan, where he aims to attend to some unfinished business.

Obama will meet with leading Democrats and campaign in Michigan on Wednesday, staking a claim to vital general election turf and working toward a compromise that would seat Michigan's disputed delegates at the Democratic National Convention in August.

The Obama campaign has publicly supported a proposal by senior Michigan Democrats to allocate 54 percent of Michigan's Democratic delegates to Sen. Hillary Clinton and 46 percent to Obama.

Obama's move is part of his pivot toward a contest against presumptive Republican nominee Sen. John McCain. After brief visits to West Virginia and Kentucky, Obama will campaign Tuesday in Missouri — a likely swing state in November. PETER SLEVIN

washingtonpost.com

For extended analysis and up-to-the minute reports from the campaign trail, visit blog.washingtonpost.com/the-trail

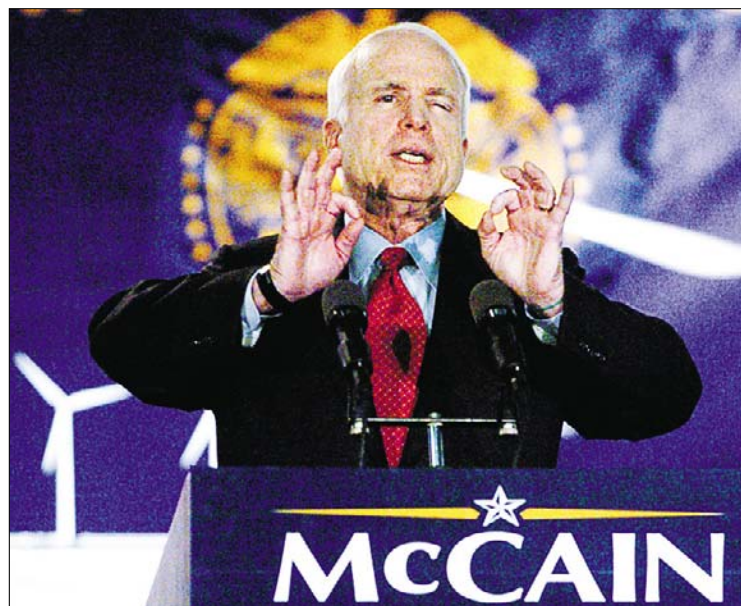
McCain Blasts Bush on Emissions

Senator proposes cap on carbon emissions to fight climate change

PORTLAND, ORE. | Sen. John McCain broke with the Bush administration and Republican Party orthodoxy Monday as he not only declared global warming real, but reached out to Democrats and independents with a free-market solution that includes capping carbon-fuel emissions.

The GOP presidential contender also prodded China and India — two major emitters of greenhouse gases — to join the effort, although he muted talk of tariffs against them in favor of “effective diplomacy” to encourage their compliance.

An aide later said the Arizona



GREG WAHL-STEPHENS/AP

Sen. John McCain speaks at the Vestas Training Facility in Portland, Ore., on Monday. McCain used the appearance to outline his plans to fight global warming.

senator didn't want to be interpreted as being “at odds with his commitment to open trade.”

McCain was less restrained in his approach to President Bush, who broke a 2000 campaign pledge to regulate carbon-dioxide emissions and who also backed off signing the Kyoto global warming protocols shortly after taking office.

“I will not shirk the mantle of leadership that the United States bears. I will not permit eight long years to pass without serious action on serious challenges. I will not accept the same dead end of failed diplomacy that claimed Kyoto. The United States will lead and will lead with a different approach — an approach that speaks to the interests and obligation of every nation,” McCain declared. GLEN JOHNSON (AP)

Apartheid Lawsuit Gets Free Pass

Supreme Court can't hear case because of justices' financial ties

WASHINGTON | The Supreme Court tossed itself off a big case Monday.

The court couldn't take up an apartheid dispute involving some of the nation's largest companies because too many of the justices had investments or other ties with those corporate giants.

It appeared to be the first time in

at least a quarter-century that the justices' financial holdings prevented them from taking a case.

6

The number of justices who must be present for the Supreme Court to hear a case.

government.

Four of the nine justices sat out the court's consideration of the case.

Federal law calls for at least six to hear any case.

Short of the required number, the court took the only path available to it and upheld a ruling allowing the lawsuit to proceed.

Chief Justice John Roberts and Justices Samuel Alito, Stephen Breyer and Anthony Kennedy provided no explanation for their decision not to take part in the case.

But those justices have financial ties to many of the companies that asked the high court to step in.

MARK SHERMAN (AP)

Foam Makers Settle Fire Suits

PROVIDENCE, R.I. | Several foam manufacturers have agreed to pay \$30 million to settle lawsuits brought by survivors of and family members of those who died in a 2003 nightclub fire that killed 100 people, according to court papers filed Monday.

Investigators blame flammable, egg-crate-style foam on the walls and ceiling of the club for fueling the fire, which was started when a pyrotechnics display for the rock band Great White ignited the soundproofing material. (AP)

Manassas

New office accepting new patients

Our newest office in Manassas is accepting new patients daily. Allergy Care Centers wants to thank the community for its support. We will endeavor to do our best to serve this new area with the latest in testing and treatment with the finest nurses and physicians in our area.

Please accept our invitation to visit us and to make an appointment today.

T: 800.287.2829
MyAllergyCare.com

We participate with most health-plans

Allergy Care Centers
Care for All Seasons

Offices conveniently located in: Manassas • Wheaton Plaza • Laurel • Ballston • White Flint • Chantilly • Vienna • Gaithersburg/North Potomac • Springfield • Sterling

Nation



CANDY, THEN BARS: A college student whose friend was being questioned in a hit-and-run accident in Des Moines, Iowa, ended up in jail Sunday for assaulting an officer with M&M's. The student claimed he threw the candy because he was "sticking up for his friend," according to the police report.

Pinched Shoppers Voice Suspicions

Stores, restaurants deny accusations of price gouging on food

WASHINGTON | Forced to pay for once-free sandwich toppings and twice as much for some steak cuts, shoppers are wondering whether higher grocery bills and restaurant tabs truly reflect the trickle down of a global rise in food prices.

Veronica Banks, who lives outside St. Louis, Mo., said she suspects corner stores are charging more for many items under the assumption customers won't pay the bus fare to go bargain hunting. Tom Seluzicki, a public accountant in Washington, said he assumes some food prices are inflated to "compensate for lost margins on other products."

Foodstuffs from rice to steak cost



A customer shops at a supermarket in Chicago on Monday. Food retailers and restaurants are being accused of price gouging as global food prices continue to rise.

more than they did a year ago — so much, in fact, that some consumers don't quite believe it all adds up.

But food retailers say consumers' suspicions of gouging are unjustified and that, if anything, they have

refrained from passing along their extra costs.

"People have told me I nickel-and-dime them," said Kate Oncel, director of operations at the Brown Bag, a deli in Washington. "They don't understand the position we're in" of paying more for supplies.

Forgoing pricier items is an adjustment many Americans can afford and stomach, especially relative to the crises in the more than 30 countries where food protests have raged. But in the U.S., customers notice when the grocery bill stays the same and the take-home haul lightens.

"I get upset thinking about how much we have to pay for things, but then I feel guilty when I see other nations that are dealing with horrible poverty," Helen Strouss of La Mirada, Calif., said last week at a grocery store. DAN CATERINICCHIA (AP)

Death Penalty Off the Table in Sean Taylor Trial

MIAMI | Prosecutors said Monday they will not seek the death penalty against four people charged with murdering Washington Redskins star Sean Taylor, because the accused shooter was a minor when the crime was committed.

The U.S. Supreme Court has ruled that people cannot be executed for crimes committed when they're under 18, and it's a well established legal principle that others involved in the same case as a minor cannot face the ultimate penalty if they are less directly responsible.

Eric Rivera Jr., who turned 18 last month, was 17 at the time police say he shot Taylor during a botched robbery at the Pro Bowl safety's home. Taylor, 24, died of massive blood loss. (AP)

UTERINE FIBROID EMBOLIZATION

REDUCE RISK. SPEED RECOVERY. GET RELIEF.



Uterine Fibroids affect up to 40 percent of women age 35 and older, causing symptoms that may include heavy bleeding and pelvic pain and pressure. Uterine fibroid embolization (UFE) is a non-surgical alternative to hysterectomy that can effectively reduce fibroid size and improve symptoms with minimal risk and recovery time.

Cardiovascular and Interventional Associates:

- Voted "Top Doctors," Washingtonian magazine
- 1st in Northern Virginia to perform state-of-the-art UFE
- Specializing in minimally-invasive treatments since 1970

Request a free
patient information kit at
www.alexandriaradiology.com

CARDIOVASCULAR AND
INTERVENTIONAL ASSOCIATES OF





Special Advertising Section
network at functions such as ClearedJobs. Net monthly job fairs (the next fairs are scheduled for May 13 at the Tysons Corner Marriott, and May 14 at the BWI Marriott).

"Because we value the jobseeker's time, we survey each jobseeker to get his or her opinion of the job fair and of the companies involved," says Smith. We take this information to improve the event each time for the job seekers and share with the companies involved how they were received by the jobseekers in attendance. In addition to attending job fairs, jobseekers who hold a security clearance can take advantage of ClearedJobs.Net's suite of services offered at no charge, including job researching, resume writing, and resume posting, as well as other services such as newsletters and career coaching.

In a tight economy, it helps to offer employers more "bang for their buck," says Smith. You may have the technical skills needed to work, say, in the IT field, but what about your "soft skills," such as interpersonal skills, the ability to write and speak clearly, and customer-relationship building skills.

"Future IT leaders know they need these skills to ascend the ranks," says Smith, pointing out that the ability to manage up, build relationships, and understand business strategy were deemed critical for professional advancement in a survey of the winners of the 2008 "Ones to Watch" award, presented annually by CIO magazine and the CIO Executive Council, to recognize IT's rising stars and the CIOs who have nurtured them.

"If you have these soft skills or develop them, you will be able to maintain your success," agrees Patricia A. Frame, founder of Strategies for Human Resources in Alexandria. Frame is a regular presenter at ClearedJobs.Net job fairs; at the upcoming job fairs, she will offer a series of valuable seminars including "It's Just Talking: Job Fairs and Other Conversation Opportunities." Frame will also speak on "How to Work a Job Fair," "Interviewing to Succeed," and "Resume Tips and Tricks."

To find out if you have what employers are looking for in today's marketplace, says Frame, do your own personal soft skills/competencies audit:

- Which skills do you need in your current job?
- What do you know about the need?
- How would you evaluate yourself on each skill you need?
- How would your boss evaluate you on each?

Then assess the skills needed for other positions that interest you, says Frame. Look at position descriptions or job ads to consider both promotions within your current organization which interest you and external opportunities.

Once you have assessed your current competencies versus needed ones, develop a plan, Frame advises:

- Pick one competency you want to work on.
- Identify your goal and what steps are needed to achieve it. Keep the steps small but be specific.
- Put in a timeframe
- Identify how you will know you have achieved your goal. That is your measure of success.

Next, ask others for help. "Soft skills by their nature involve working with others, so you need others to help you develop yours," Frame suggests. Share your plan with your boss, a mentor, or a talented co-worker and ask for their assistance. Find a person who does well what you want to learn: model yourself after that individual and ask for his or her advice or assistance. You need feedback as you make changes and you need opportunities to practice your new ideas.

Resources you can tap, Frame recommends, include:

- educational, developmental, or training opportunities at your work or classes at local schools and colleges

- meetings or seminars on the topic held by professional groups
- volunteer activities
- developing and practicing these skills with a mentor or boss
- online courses followed by practice with a friend or co-worker
- books on the topic, followed by practice at work or in a volunteer group
- setting up your own group of co-workers or friends to learn and practice with.

Then it's time to practice, practice, practice. At first, you are likely to feel awkward or self-conscious as you apply your new knowledge at work or at home, Frame acknowledges. But you will notice that far more than others will. So tamp down your nervousness and plan to practice. Ask your co-workers, a mentor, or friend for feedback and specific information on what you did well and what still needs work. "Often keeping a record of what you have tried and what results you got will help you to keep going and to improve," Frame advises.

When you feel comfortable with your new skill, reward yourself, Frame suggests. Pick a reward. Then keep on using the new skill as needed.

Finally, tackle another area. "No, it never ends," says Frame. "Not if you want to succeed at work or in life."

For more information on ClearedJobs. Net, including details on upcoming job fairs, **visit the company's website at www.ClearedJobs.Net, or call 703-871-0037.**

This special advertising section was written by Carol Sorgen, a freelance writer and editor, in conjunction with the advertising department of The Washington Post and did not involve the news or editorial departments of this newspaper.

ClearedJobs Net

Jobseekers with Security Clearance Always in Demand

By Carol Sorgen

Despite the economic downturn and the muttered rumblings of the word "recession," jobseekers holding a security clearance still enjoy bright prospects, especially if they offer employers a skill set that combines soft skills with industry knowledge.

"The economy does have some impact on a job search, but there is always uncertainty in the marketplace," says Kathleen Smith, CMO of ClearedJobs.Net, a Northern Virginia-based firm that links security cleared jobseekers and employers with security cleared positions, both in the Washington metropolitan area and nationwide as well.

That said, there are always positions available, adds Smith, especially for security cleared professionals. That's because the number of people who hold a security clearance is still far lower than the number of cleared jobs available.

Of course, even if the odds are in your favor, a jobseeker needs to research the job market and types of positions available, have an effective resume, and

ClearedJobs Net

CLEARED JOB FAIR

Tuesday, May 13th, 11am - 4pm

The Marriott Tysons Corner

Wednesday, May 14th, 11am - 4pm

The BWI Marriott

Meet the Hiring Managers from these top defense contracting firms:

**BAE Systems (NS) – General Dynamics (IT) – Geneva Software, Inc. – JL White and Associates
Lockheed Martin – Raytheon – Northrop Grumman (MS) – Bearing Point
NCI Information Systems – Sybase – McClendon Corporation – L-3 Communications (ISD)
ENSCO – ProObject, Inc. – Concurrent Technologies Corporation
Computer Sciences Corporation – AT&T Government Solutions – Booz Allen Hamilton
Sage Management – Blackbird Technologies – iSW Corporation
L-3 Communications East – Triumph Technologies – Arrowhead Global Solutions
SI International – SAIC – The Van Dyke Technology Group and more coming!**

For a complete list of cleared positions that hiring managers will be interviewing for, please visit: www.ClearedJobs.Net

All Cleared Job Fairs are FREE to Security Cleared Job Seekers!

Pre-Register, Post Your Resume and Search Current Cleared Jobs at

WWW .CLEAREDJOBS.NET

Exclusively for Cleared Job Seekers with Active or Current Security Clearances

X017e 3y2

1,840

The number of people who were photographed in the nude by New York photographer Spencer Tunick in Austria's Happel Stadium on Sunday. Tunick's three requests for his subjects were no sunglasses, no smiling and no underwear.

World

In Brief



A couple removes damaged furniture from a house in Beirut on Monday.

BEIRUT, LEBANON

Beirut Streets Calm; Tripoli Fighting Injures 6 People

An air of surrender and submission hung over Beirut Monday as Lebanese ventured into mostly empty streets, after Hezbollah wrested control of Muslim West Beirut from government supporters. Standing on street corners, pro-Hezbollah fighters were a reminder of who's really in charge, despite the deployment of Lebanese army troops. Clashes in the surrounding mountains have also subsided, though fighting in Tripoli wounded six on Monday. (AP)

WARSAW, POLAND

Woman Who Saved 2,500 Kids From Holocaust Dies

Irena Sendler — credited with saving about 2,500 Jewish children from the



Sendler

Nazi Holocaust by smuggling them out of the Warsaw Ghetto — died Monday, her family said. She was 98. Sendler, who was

honored by Israel's Yad Vashem Holocaust memorial for her heroism, died at a Warsaw hospital. (AP)

BAGHDAD

Iraqi Shiites and Al-Sadr Supporters Sign Cease-Fire

Iraq's main Shiite political bloc and supporters of firebrand cleric Muqtada al-Sadr signed a cease-fire in Baghdad's Sadr City on Monday, hoping to end seven weeks of fighting that has killed hundreds. Al-Sadr's representatives and the rival United Iraqi Alliance agreed to institute the four-day cease-fire starting on Sunday, but talks about the details were not finished until Monday. (AP)

Earthquake Wracks Central China

7.9-magnitude quake was country's worst in more than 30 years

CHENGDU, CHINA | It was the middle of the afternoon, one of the worst possible times for the powerful earthquake to strike.

The three-story high school in the town of Juyuan collapsed, trapping up to 900 students under slabs of concrete and steel. Two chemical plants in the town of Shifang toppled onto hundreds of workers and unleashed 80 tons of toxic liquid ammonia.

Across central China, the death toll from Monday's 7.9-magnitude quake rose to more than 8,700 — the worst to hit the country in more than three decades.

For nearly three minutes, the quake shook the region of small cities and towns set amid steep hills in Sichuan province. It emptied office buildings about 900 miles away in Beijing and could be felt as far away as Vietnam.

At least 50 students died in the high school in Juyuan, Xinhua said. Photos showed people using cranes and mechanical hoists to remove



Rescuers search the rubble of a collapsed building for survivors of the massive earthquake in Dujiangyan, China, on Monday.

slabs of concrete and steel.

In Chengdu, the earthquake crashed telephone networks and hours later left parts of the city of 10 million in darkness.

Worst affected were four counties, including the quake's epicen-

ter in Wenchuan, 60 miles northwest of Chengdu. Landslides left roads impassable Tuesday, causing the government to order soldiers into the area on foot, state television said.

Wenchuan's Communist Party

secretary appealed for air drops of tents, food and medicine.

WILLIAM FOREMAN (AP)



Scene of devastation: For an audio slide show about the earthquake, visit washingtonpost.com/world.

Putin Brings Loyalists to Cabinet

Russian PM appoints Kremlin allies to new government positions

MOSCOW | Prime Minister Vladimir Putin wasted no time in naming his new Cabinet on Monday, bringing in loyalists from the Kremlin in what was seen as an effort to shift his power to his new place of work.

He left several prominent ministers untouched, including Foreign Minister Sergey Lavrov, Defense Minister Anatoly Serdyukov and Finance Minister Alexei Kudrin.

Putin announced the 24 positions at a Cabinet meeting in the government headquarters.

President Dmitry Medvedev, Putin's hand-picked successor who was inaugurated last week, quickly approved the appoint-



Prime Minister Vladimir Putin speaks during a Cabinet meeting in Moscow on Monday. Putin named several Kremlin loyalists to Russia's new Cabinet.

ments, which included the demotion of a former rival. Putin named Sergei Ivanov, once seen as a top candidate for president, as one of his deputy prime ministers, a step down from his previous position as

first deputy premier.

Putin was shown describing the new Cabinet on news broadcasts Monday. Medvedev received significantly less airtime than Putin.

MANSUR MIROVALEV (AP)

Sudan Arrests Opposition Head

KHARTOUM, SUDAN | Sudan arrested and questioned the head of one of the country's largest opposition parties Monday apparently because of his links to Darfur rebels who attacked close to the capital this week, state media said.

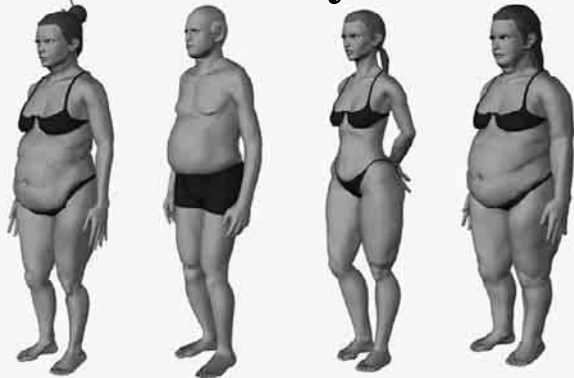
Hassan Turabi was arrested after dawn at his home in Khartoum, and at least 10 other Popular Congress Party members were detained in a government sweep across the city, said Awadh Ba Bakr, a relative and close aide to the party chief.

"He was released after more than 15 hours detention," he told The Associated Press. (AP)



Turabi

Got Belly Fat?



FREE WORKSHOP

**Learn More About the 4 Body Types:
Adrenal—Thyroid—Liver—Ovary.**

You Will Learn...

- The basic BODY SHAPES and how hormones can distort the body blocking weight loss even when DIET & EXERCISE doesn't work.
- How the body's FAT BURNING hormones get triggered. Find out the biggest mistake people make with exercising.
- Learn the 4 different causes of belly fat.
- How hormones affect what you crave. How CHRONIC PAIN and SLEEPING PROBLEMS are related to body type.

CALL 703-354-7336 TO Sign Up Today!

Www.DrBergWorkshop.com

World



"I want to register my deep concern ... at the unacceptably slow response to this ... crisis."

— Ban Ki-moon, U.N. secretary-general, on Myanmar's cyclone aid.



Workers unload water bottles from the first U.S. plane allowed into Myanmar since the May 3 cyclone in Yangon on Monday.

GRADUATE SCHOOL OF EDUCATION AND HUMAN DEVELOPMENT

MASTER OF EDUCATION IN SECONDARY EDUCATION

Apply today.

We are currently accepting applications. Learn more and apply online by visiting www.gsehd.gwu.edu or call 800-449-7343.

Discover your multiple facets.

We prepare effective educators, professional content specialists and socially conscious agents of change for children in grades 7-12.

Set foot in the classroom.

Nine partnerships with DC, MD and VA schools offer practical experience.

Get tuition support.

Visit www.gsehd.gwu.edu/Tuition+Support for more information.

Emerge prepared.

Graduates earn licensure in DC, MD and VA, and a Master of Education.

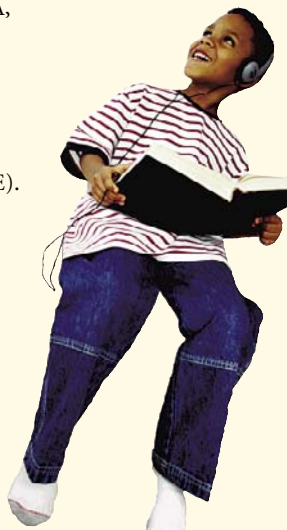
Graduate from an accredited program.

The program is part of the GSEHD unit accredited by the National Council for Accreditation of Teacher Education (NCATE).

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON DC

BRING US YOUR
AMBITION.

www.gwu.edu/gradinfo



U.S. Aid Let Into Myanmar

Military junta allows first American plane to land since cyclone

YANGON, MYANMAR | A U.S. plane ferried relief to Myanmar for the first time Monday, but with 2 million cyclone victims facing disease and starvation, a radical proposal was gaining ground: air-dropping aid without the junta's approval.

Even as the death toll from Cyclone Nargis climbed to 31,938, the country's military rulers continued to bar almost all foreign

experts experienced in managing humanitarian crises, saying they would handle relief efforts on their own.

With hundreds of thousands of homes destroyed in the disaster zone, refugees packed into Buddhist monasteries. Others camped in the open, drinking dirty water. Medicine and food were sorely lacking — even as supplies piled up at the main international airport.

"The sands of time are running out," said Britain's opposition Conservative party leader David Cameron, suggesting aid should be

air-dropped into Myanmar if the junta does not allow access soon. "In the end, what matters is getting aid through to people," he said.

Myanmar's rulers made a huge concession Monday in letting the U.S. — the fiercest critic of its human rights record — bring in relief after lengthy negotiations.

The U.S. military C-130 cargo plane filled with 14 tons of mosquito nets, blankets and water was unloaded in Yangon, providing what officials said was enough to aid about 30,000 victims of the May 3 cyclone. (AP)

Deadly Events | Some of the World's Worst Natural Disasters

Nov. 1970

The world's deadliest cyclone on record kills 300,000 in Bangladesh.

July 1976

Magnitude-8.2 earthquake kills 240,000 in northeast China.

April 1991

Cyclone in Bangladesh kills about 140,000 people.

Dec. 2004

Indian Ocean tsunami (triggered by a quake) kills 230,000 in 12 countries.

Oct. 2005

Magnitude-7.6 earthquake kills 78,000 people in northern Pakistan.

Israeli Police Widen Olmert Inquiry

JERUSALEM | Israeli police raided Jerusalem's City Hall on Monday, searching offices and confiscating documents as part of a widening corruption inquiry against Prime Minister Ehud Olmert.

Olmert is suspected of illicitly accepting large sums of cash from

a Jewish-American donor. Some of the donations are believed to have been given during Olmert's 10-year tenure as mayor of Jerusalem.

Police spokesman Micky Rosenfeld said the police's anti-fraud team conducted the raid. He said the seized documents were connected

to Olmert's time as mayor between 1993 and 2003 but had no further details on their contents.

The inquiry has cast a shadow over Israel's 60th anniversary celebrations and embarrassed the prime minister at a time when he should be enjoying the limelight. President Bush arrives this week to participate in the national festivities. (AP)

World



Protesters shout during a demonstration in Karachi, Pakistan, on Monday.

Pakistan Coalition To Split

Ex-PM Sharif pulls party from Cabinet over disagreement

ISLAMABAD, PAKISTAN | Ex-Prime Minister Nawaz Sharif pulled his party from the Cabinet after just six weeks on Monday, raising doubts about the new government's stability and Pakistan's transition to democracy after eight years of military rule.

The coalition that came to power after the February elections — dealing a crushing defeat to allies of President Pervez Musharraf — could now flounder. Its two key partners cannot agree over how to restore senior judges axed by the former military strongman late last year. A permanent split in the coalition would boost Musharraf.

Sharif said his group would still support the government led by the party of Asif Ali Zardari on an "issue-by-issue" basis but indicated he would join protests by lawyers lobbying for the restoration of the judges — which risks intensifying the standoff between the parties. Sharif said ministers from his party would meet with Prime Minister Yousuf Raza Gilani on Tuesday and hand in their resignations.

Activists demanding the return of deposed Chief Justice Iftikhar Mohammed Chaudhry and other judges staged protests in several cities Monday. MATTHEW PENNINGTON (AP)

LEARN ENGLISH *Sanz*
since 1939
Se Habla Español
1 (877) 844-2505

Become a
FINGERPRINT TECHNICIAN
Learn Fingerprinting techniques related to FBI background checks
<http://dc.local.yahoo.biz/nationalidservice>
(202) 628-7007 - broadcast message

Invest In Your Future



IT QA Training
www.itqatraining.com
HP Load Runner Training

The average Performance Engineer in the DC Metro area earns over \$100,000. Don't be left out of one of the fastest growing fields in the country.

50% off for a limited time only • 301-825-9033



Professional training
in how
Washington and Capitol Hill work.

TheCapitolNet

Exclusive provider of Congressional Quarterly Executive Conferences

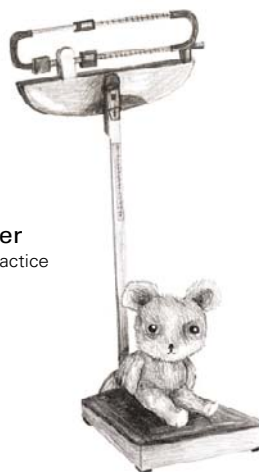
Capitol Hill Workshop

Politics, Policy, and Process

Intensive 3-day seminar in congressional operations.

www.thecapitol.net/chw.htm
or **CapitolHillWorkshop.com**

He asked about my
capital expenditures for
leasehold improvements
and equipment. Why?
Because he completes me.



Dr. Beth Miller
pediatric group practice
Washington, DC



When was the last time your bank asked you
the right questions about your business?

Working with countless businesses in 83 countries and territories¹ has given us a unique perspective. Our relationship managers know that only after we understand your business's DNA, can we help you improve its ROI. Visit a branch to talk to a relationship manager or call 1-866-427-2104 to find out more about HSBC's Business Banking solutions. us.hsbc.com/business

HSBC 
The world's local bank

Alexandria
415 John Carlyle St.
315.482.2571

Arlington
4075 Wilson Blvd.
703.243.7932

Bethesda
7637 Old Georgetown Rd.
301.652.1886

Fairfax
3925 Chain Bridge Rd.
703.273.1268

Reston
11842 Spectrum Center
703.435.1796

Rockville
200 East Middle Lane
301.217.9589

Tysons Corner
1800 Tysons Blvd.
703.883.8029

Washington, DC
1130 Connecticut Ave. NW
202.496.8740

¹ HSBC Group.

Products in the United States offered by HSBC Bank USA, N.A. or HSBC National Bank USA. Both banks are Member FDIC. ©2008 HSBC Bank USA, N.A.

MARKET RESEARCH STUDY

A market research firm in Bethesda is seeking people who are currently being treated by a physician for diabetic peripheral neuropathy, epilepsy, or shingles (herpes zoster). Qualified participants will participate in an in-person interview in our Bethesda office, and will receive \$\$\$ for their participation. If you are interested please call Rachel at 301-215-7248, ext. 302, to see if you qualify. All names kept confidential. No sales of any kind.



The Volgenau School of
Information Technology and Engineering

TechAdvance

LEARN GROW ADVANCE

Experienced trainers
with industry
experience

Hands-on training

Daytime, evening and
weekend classes

Continuing education
units awarded

Flexible payment
options

Courses meet
DoD 8570.01
requirements

Professional Development Programs

Network+	May 17
Cisco Certified Network Associate	May 17
Oracle 10g Certified Associate	May 28
Web Design	Jun 03
Information Technology Foundation (A+, Network+, MCP, CCNA, Security+)	Jun 07
Microsoft Sharepoint 2007	Jun 10

**CISSP Training to meet DoD 8570.01-M
certification requirement**

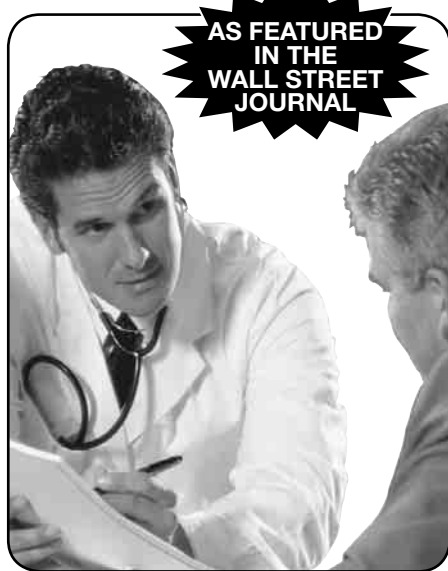
Jun 07-Aug 18 (Alternate weekends) - Arlington
Jul 14-Jul 18 (Monday-Friday) - Herndon (Dulles tollroad)

For complete outline and schedule,
visit our website at <http://ite.gmu.edu/techadvance>
Arlington, Herndon, and Loudoun

703-842-7404 advance@gmu.edu

HEMORRHOIDS NOT GOING AWAY? Introducing the Painless Non-Surgical solution

If you're one of the millions of Americans suffering from the pain and irritation of hemorrhoids, we have the answer. Our physicians now offer a medical alternative to surgery and rubber banding. It is preferred over other methods because it's fast, effective and generally pain free. Plus, you will be back to work the same day. Call today and find out if you are a candidate.



AS FEATURED
IN THE
WALL STREET
JOURNAL

For more information or to
schedule an appointment call:

1-800-230-0786 now,
or visit:

www.seekrelief.com
Covered by most insurance
and Medicare.

LOCATIONS IN MARYLAND
AND VIRGINIA.



Money

Stations Reach the Limit

Gas pumps at many older mom-and-pop stores top off at \$3.99

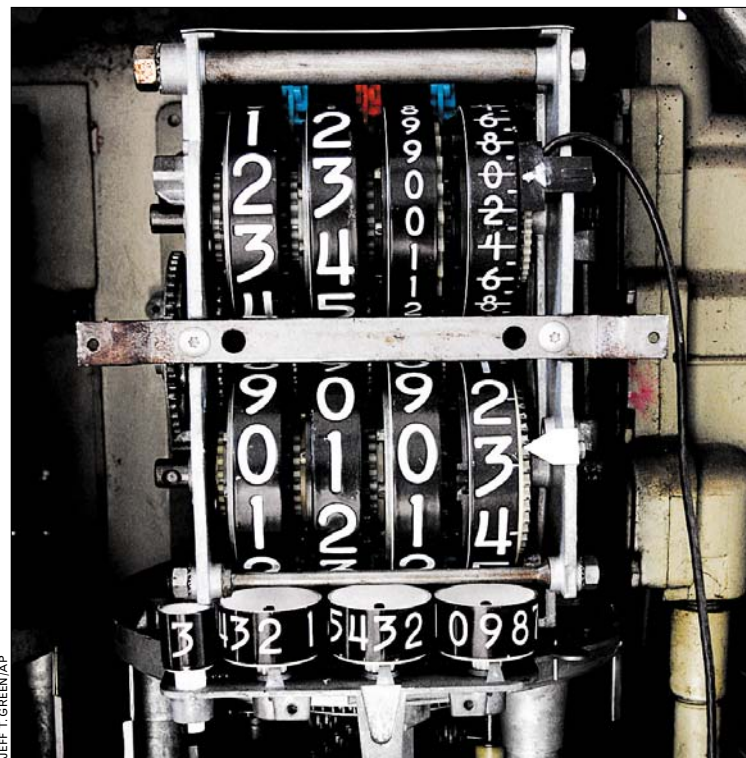
REARDAN, WASH. | Mom-and-pop service stations are running into a problem as gasoline marches toward \$4 per gallon: Thousands of old-fashioned pumps can't register more than \$3.99 on their spinning mechanical dials.

The pumps, throwbacks to a bygone era on the American road, are difficult and expensive to upgrade, and replacing them is often out of the question for station owners who are just scraping by.

As many as 8,500 of the nation's 170,000 service stations have old-style meters that need to be fixed — about 17,000 individual pumps, said Bob Renkes, executive vice president of the Petroleum Equipment Institute of Tulsa, Okla.

At Chip Colville's Chevron station in Reardan, Wash., three pumps were installed back when gas was less than \$1 per gallon. They top out at \$3.999, only 30 cents more than the price of regular gas at Colville's station.

"In small towns, where you don't have the volume, there's no way you can afford to pay for the replacements for these old pumps," Colville said.



A mechanical meter for diesel fuel is seen at a Chevron station in Reardan, Wash. The meter, which is more than 30 years old, tops out at \$3.99 per gallon for gas.

Demand for replacements has caused a months-long backlog for companies that make or rebuild the mechanical meters — and that's just for stations that can afford the upgrade.

Mechanical meters can be retrofitted with higher numbers when pump prices climb another dollar.

Industry experts say those changes could cost as much as \$650 per pump.

To deal with the problem, some state regulators are allowing half-pricing — displaying the price for a half-gallon of gas, then doubling the price shown on the meter.

JOHN K. WILEY (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Nautilus	6.65	+1.48	+28.6
EDS	24.13	+5.27	+27.9
Venoco	18.25	+3.18	+21.1
Primedia rs	6.29	+1.04	+19.8
CrwfdA	5.00	+7.9	+18.8

Losers

AlescoFncI	2.93	-.99	-25.3
StdPac	2.97	-.80	-21.2
Indymac	3.06	-.37	-10.8
Evercore	13.37	-1.53	-10.3
US Shipg	11.73	-1.22	-9.4

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Radyne	11.10	+3.36	+43.4
MerueloM	2.11	+.47	+28.7
SilverStB n	3.39	+.74	+27.9
IstaPh	2.00	+.40	+25.0
Iomai	2.92	+.25	+9.4

Losers

Gencor n	19.48	-12.37	-38.8
CumMed	4.43	-1.38	-23.8
Answers	3.93	-.78	-16.5
CentrlBcp	17.62	-3.36	-16.0
Vermiln hrs	2.60	-.47	-15.3

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	5.00	5.00
Fed Funds close	1.94	1.88
3-month disc	1.80	1.61
2-year	2.27	2.39
10-year	3.77	3.84
30-year	4.52	4.58

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5111	.5123	.5044
Canadian Dollar	1.0050	1.0067	1.1123
European Euro	.6435	.6460	.7392
Japanese Yen	104.17	103.09	120.13
Mexican Peso	10.4822	10.5820	10.8093
Taiwanese Dollar	30.86	30.67	33.40

DOW NASDAQ S&P 500

+130.43	+42.97	+15.30
+1.02	+1.76	+1.10
12876.31	2488.49	1403.58

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	42.95	+.90	-7.5
Amylin	29.50	+1.02	-20.3
BiogenIdc	63.05	+.98	+10.8
BioMarin	39.39	+.39	+11.3
Celgene	61.73	-.76	+33.6
ChRvLab	62.97	+1.25	-4.3
Genentch	68.37	-.16	+1.9
Genzyme	68.98	-.56	-7.3
GileadSci s	54.48	+.84	+18.4
Illumina	79.62	+1.05	+34.4
Imclone	41.58	-3.25	-3.3
Invitrogn	93.52	-.03	+1
MillPhar	24.97	+.01	+66.7
GIAGEN	21.61	+.17	+2.7
VertxPh	27.70	+.80	+19.2

Local

D.C. Luxury Hotel Planned

Downtown library idea ditched for 400-room, 4-star lodging deal

Mayor Adrian M. Fenty announced Monday that the city will not build a new downtown library on the site of the old convention center and instead has reached an agreement with a developer to construct a four-star, 400-room hotel on the prime downtown land parcel.

Fenty's predecessor, Anthony A. Williams, proposed a grand new library at the convention center site during his tenure, saying a state-of-the-art facility would draw crowds to the heart of downtown and boost civic and cultural pride.

NEW DEVELOPMENT

Features of the mixed-use project at the old convention center site:

→ Shops, condos and office space along about six acres bounded by New York Avenue and Ninth, 11th and H streets NW. The hotel parcel sits to the north of the mixed-used site.

But community reaction was divided, with some advocates reluctant to abandon the existing central library, designed by the noted German architect Ludwig Mies van der Rohe but poorly maintained by the city over the past 36 years.

The agreement unveiled Monday morning allows for up to 100,000

square feet of retail space to be built on the ground floor of the luxury hotel, and underground, on the 53,000-square-foot parcel where part of the old convention center once stood.

An aide to Fenty said that space could be leased to an upscale department store or some type of "destination retail," such as an electronics or sporting goods store.

Under the terms of the agreement, the development team Hines-Archstone-Smith will lease the parcel from the city for 99 years, and the District will have the right to approve the retail and hotel tenants chosen for the site.

DAVID NAKAMURA AND DEBBI WILGOREN
(THE WASHINGTON POST)

CHANTILLY, VA. | WEATHER WREAKS HAVOC ON FLIGHTS



DELAYED: Donna Vilas sleeps on the shoulder of her husband, Matthew Vilas, while they wait for their delayed flight at Dulles International Airport in Chantilly, Va., Monday. They arrived at Dulles at about 8 a.m. Monday and had expected to be on the beach in Hilton Head, S.C., by noon. Many flights out of Dulles were canceled or delayed because of weather or mechanical issues.

Man Dies, Doesn't See Son's Birth

BALTIMORE | A Catonsville woman delivered her first child on Mother's Day, only to learn that the child's father had died from stab wounds he suffered during a robbery.

Claudia Sales last saw her husband, 19-year-old Carlos Santay, while she was in labor Saturday.

Santay went to a gas station about a block from their home to

gas up his car for the ride to the hospital, but he never returned.

Finally, Sales' relatives took her to Howard County General Hospital.

Her baby boy, also named Carlos, arrived about 3:30 a.m. Sunday.

Her husband's cousin later told her of Santay's death. (AP)

Kaine to Seek Road Tax Hike

RICHMOND, VA. | Gov. Timothy M. Kaine on Monday proposed increasing taxes statewide to pay for road and transit projects across the state.

Kaine wants to increase vehicle sales taxes and registration fees statewide, and raise the sales tax in Northern Virginia and Hampton Roads by one cent (with exemptions for food and drugs) to pay for projects in the state's two most congested areas.

His plan also calls for an increase statewide in the grantor's tax, which is paid by people selling houses.

Kaine briefed Democratic legislators about the proposal late Sunday and unveiled it publicly here at a noon news conference.

The General Assembly will return to Richmond for a special session June 23 to debate transportation.

The plan calls for increasing the titling tax paid on vehicle purchases from 3 percent to 4 percent and the vehicle registration fee by \$10.

By fiscal 2012, the plan would raise more than \$1 billion per year.

ANITA KUMAR (THE WASHINGTON POST)

Train with the TEAM!
HELP SAVE LIVES ONE MILE AT A TIME.

NIKE WOMEN'S MARATHON
A RACE TO BENEFIT THE LEUKEMIA & LYMPHOMA SOCIETY

NATION'S TRIATHLON
TO BENEFIT THE LEUKEMIA & LYMPHOMA SOCIETY

703.960.1100 www.teamintraining.org/nca

Twenty Years of '88 TEAM '08
Saving Lives

No federal or Marine Corps endorsement is implied

LaLune Hair Salon



Highlights starting at \$95.00
Color starting at \$60.00
Haircuts starting at \$40.00
Perms starting at \$75.00
Blowdry \$25.00 and up

LaLune Hair Salon
3128 N. 10th Street
Arlington, VA 22201

703/528-7879

We offer Nail and Skin services

MEGA MILLIONS

DRAWINGS TUESDAY AND FRIDAY

\$166 MILLION

Estimated Annuitized Jackpot

Play at
your favorite
Maryland or Virginia
Lottery retailer.

Top Prize Chances: 1 in 176 Million
www.mdlottery.com • www.valottery.com

Local

Join us for the

2008 EXPLORING SPACE LECTURES

Smithsonian
National Air and Space MuseumSPACE WEATHER
AND
THE SOLAR CONNECTIONIndependence Avenue at 6th Street, SW | Metro stop: L'Enfant Plaza | Visit us on the Web at www.nasm.si.edu

Learn how storms and flares on the Sun have become linked to magnetic disturbances on Earth. The link was first discovered after a huge storm in 1859. What will happen to the modern world of commerce, transportation and communication when the next storm hits?

THURSDAY, MAY 15 | BARBARA THOMPSON

Living with a Star

Observatories around the world, and in space, are cooperating in the International Heliophysical Year (IHY) to study the Sun-Earth connection. NASA/Goddard astrophysicist Barbara Thompson will highlight results from the SOHO satellite mission and will describe how the program "Living with a Star" supports the goals of the IHY.

TUESDAY, JUNE 17 | TOM BOGDAN

Forecasting Space Weather

Tom Bogdan, Director of the National Oceanic and Atmospheric Administration's Space Weather Prediction Center, will provide an overview of how space weather can affect our advanced technologies-based global economy.

Lectures begin at 8 p.m. at the National Mall building. Get here early for these pre-lecture activities:

6 p.m. Enjoy informal educational programming

7 p.m. Catch a FREE showing of *3D Sun*

7:30 p.m. Meet the Lecturer

Check the Website for updates on pre-lecture activities. The lectures are free, but tickets are required. For tickets, visit www.si.edu/imax or call 202.633.2398.

Now showing at the Lockheed Martin IMAX® Theater...

Don't Miss *3D Sun*

For the first time ever, see the sun up-close in dazzling, high-definition 3D.

Visit www.si.edu/imax or call 202.633.4629 for show times.

The Exploring Space Lectures are made possible by the generous support of NASA, Ball Aerospace & Technologies Corp. and Aerojet.
Photo courtesy of NASA

Drive you.

"Cars" can put you in the right wheels. **Wednesdays.**

express



Charles County police officer Rob E. Glover investigates a car that was swept off the road and submerged in high water off Poplar Hill Road in Waldorf, Md., on Monday.

Powerful Storm
Drenches RegionHeavy rain causes
flooding, electricity
outages, evacuations

WASHINGTON | Heavy rain drenched the mid-Atlantic region Monday, knocking out power to tens of thousands of customers, flooding roads and prompting evacuations.

Up to 5 inches of rain fell in some areas from Sunday afternoon into Monday morning, and an additional half-inch was possible, National Weather Service meteorologist Steve Rogowski said. A flood warning was extended for most of the region until the early evening.

Authorities said trees came down due to high winds and saturated soil, cutting power to more than 70,000 homes and businesses.

Numerous roads were closed because of high water, and firefighters reported receiving phone calls from stranded motorists who

had to be rescued.

"[It's] possibly the worst flooding that I've seen since Hurricane Isabel in '03," said Steven Marshall, director of the Department of Emergency Services in Somerset County, Md.

A sinkhole up to 30 feet wide and 10 feet deep led to the evacuation of three homes in Camp Springs, Md., Prince George's County fire department spokesman Mark Brady said. The porch of one home collapsed into the hole.

In Chesapeake Beach, firefighters said, a man and woman were injured when high winds caused a house to collapse into a second home late Sunday. The injuries were not considered serious.

In McLean, Va., the basement wall of a home crumbled Monday after being weakened by water, Fairfax County fire department spokesman Dan Schmidt said. Crews were working to stabilize the home. (AP)

The Lotteries

Monday, May 12

DISTRICT

Mid-day Lucky Numbers **4-7-2**
Mid-day DC 4 **7-2-1-5**

MARYLAND

Mid-day Pick 3 **5-5-6**
Mid-day Pick 4 **2-3-8-7**

VIRGINIA

Mid-day Pick 3 **6-3-4**
Evening Pick 3 (Sun.) **7-1-2**
Mid-day Pick 4 **4-0-7-0**
Evening Pick 4 (Sun.) **7-4-3-6**
Mid-day Cash 5 **2-9-14-20-24**
Evening Cash 5 (Sun.) **6-12-24-28-29**

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.



POST-GRAD: Jenny Garth has stopped pretending that "Beverly Hills 90210" wasn't the high point of her career and has joined the cast of the CW's upcoming "90210" spin-off. She'll play a guidance counselor at West Beverly Hills High.

Entertainment



KIWI DELIGHT: New Zealand is the locale of choice to represent mystical fantasylands such as Narnia and Middle Earth.

Fit for a 'Prince'

Director Adamson gets back on the horse for 'Caspian'

SEQUEL | Andrew Adamson, the director of "The Chronicles of Narnia: The Lion, the Witch and the Wardrobe," learned a key piece of knowledge from that blockbuster film: "Never do it again."

But here he is, three years

later, on the eve of his next impending "Narnia" blockbuster, "Prince Caspian." He said, laughing, that he had to "put that aside."

The lesson he did apply to this sequel was to make Narnia more of a player in the film. Adamson went back to some classic films, like "Lawrence of Arabia," and looked for what made those films so epic. The biggest key for him was the expansive wide shots.

He coupled that with fewer computer generated environments, instead choosing to construct some giant sets, from a town to a 60-meter-tall castle, which freed up his ability to direct without the constraints of the computer.

"There was a lot I wanted to do more in the camera," Adamson said. "So, when I was shooting, I wasn't thinking about, 'Oh, if I look that way, I'm going to spend

\$10,000."

Adamson, who also directed the first two "Shrek" movies, didn't abandon CG (computer generation) altogether, noting that most scenes included a CG character somewhere.

"There were whole sequences where there was no visual effects, and it was sort of liberating," he said. "I'd like to do an entire improved film that could go completely to the other extreme."

For now, he'll have to settle with using a lot more locations to forgo some CG, and that includes some luscious locales from his native New Zealand.

"New Zealand was discovered relatively late, in terms of mass population," Adamson said. "There's the whole of the west coast of the South Island of New Zealand that's been untouched. There're trees there that are thousands of years old. So, there's a look that comes with that age, of these enormous trees and that natural beauty that you just don't find in a lot of the world."

As for "Prince Caspian," Adamson adapted the story from C.S. Lewis' book, reworking the structure from a lot of flashbacks to a more linear story.

"I really treated it as if this was a real story that happened and C.S. Lewis wrote a kids book about it and I was telling the movie of the real event," he said. "So, largely, it was about taking the ideas from the book and exaggerating, extrapolating, exploring, making them all three-dimensional."

SCOTT A. ROSENBERG



FOR MORE TOP STOPS AND ENTERTAINMENT FEATURES, VISIT [READEXPRESS.COM](http://readexpress.com)

LEO KOTTKE

You Can't Keep Him Down



1 Despite tendinitis and partial deafness, the two afflictions you might think would stymie a guitarist most, Leo

Kottke remains one of the most interesting acoustic guitarists working right now. He's had to change his whole style to accommodate the tendinitis, but his music is still just as impressive. He also plays Wednesday night.

→ *Birchmere, 3701 Mt. Vernon Ave., Alexandria; 7:30 p.m., \$35; 703-549-7500.*



LUPULIN REUNION

First Draft

2 In an attempt to make beer classy, brewers are getting together for a beer tasting at the Brickskeller tonight. You just know someone will get plastered and ruin it for all the snobs who didn't have a wine tasting to go to. So, why not be that guy? He'll be having fun.

→ *Brickskeller Saloon, 1523 22nd St. NW; 6 p.m., \$35; 202-293-1885. (Dupont Circle)*

BOHUSLAN BIG BAND

Nordic Swing

3 It's a modern Swedish Jazz ensemble, and it's free. If you still have doubts, keep in mind that they occasionally cover Frank Zappa songs. Any questions?

→ *Kennedy Center Millennium Stage, 2700 F St. NW; 6 p.m., free; 202-467-4600. (Foggy Bottom)*

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

'Idol's' Future: Dueling Davids?

Longtime fans know penultimate week can bring ultimate upset

ANTICIPATION | It seems like a no-brainer: Two wildly successful contestants who have never once appeared in the bottom rows of the "American Idol" vote tally go up against a hopeful who's been there five times. They'll clean her clock, right?

Maybe. But if David Archuleta

readexpress.com

Can Syesha pull off an upset or will the Davids be left to battle each other? Tell us what you think at readexpress.com/idol

and David Cook think they've got an easy road to next week's finale, they need a little history lesson.

Melinda Doolittle was a virtual paragon of "Idol" safety last year — until she got an unexpected boot during the show's second-to-last week.



Can David Cook and David Archuleta survive Syesha Mercado's challenge?

Fans two years ago were shocked to see Elliott Yamin sent home at this point in the competition.

But there's a precedent for a dual-David final, too. Kimberley Locke, who also racked up five bottom-tier finishes, made it to the Top 3, then was booted before the finale.

In any case, both Davids will face a surging Syesha Mercado — and the unpredictable nature of the show's voting makes predicting this week's results anybody's guess.

GREG BARBER (EXPRESS)

Entertainment



WORLD FASHION CAPITAL: "Ugly Betty" has always been set in New York City, but now it will actually be filmed there. Production of the show will move to New York from Los Angeles in exchange for a 35 percent tax credit from its new home.

Vegas Personified

No one's suited to the glitz and glam of Sin City as well as Cher

SPARKLE | Like the temples of the ancient Roman world that it simulates, the Colosseum at Caesars Palace is an environment suited to extravagant immortals. The artists who've graced its huge stage have achieved that status in which one name not only serves but also explains and expands upon whatever the star projects.

First there was Celine, clean and lean, selling every song with

unmatchable melodrama. Then came Elton, whose eloquence (if not always elegance) weighs a ton. Later, there was Bette, and you can bet on her — she's the go-to girl for solid showbiz flair.

Last week, the ultimate Colosseum dweller arrived. Cher — the cherished icon of pop reinvention, beloved by freaks and squares, gay liberationists and straight soccer moms, Netflix-renting couch potatoes and rump-shaking disco denizens — used every possible corner of the stage (as well as several huge screens and the walls) to present a signature performance based upon



GODDESS OF GLITTER: Cher takes her rightful place headlining at Caesar's Palace.

her larger-than-life story, a mythology of self-reinvention in which we can all ... oh, you get the idea.

Cher's occupation of the Colosseum, where she will play 200 shows over the next three years (rotating with the aforementioned Bette Midler and Elton John), is the most appropriate thing to happen to Las Vegas since ... ever.

"I'm old, but I'm tough," she said after floating from the rafters to the stage on a sparkling contraption she called "the Flying Wallenda Evel Knievel Deathmobile," wearing a huge feathered headdress and singing U2's "I Still Haven't Found What I'm Looking For." The elaborate entrance established that this Cher show would be bigger and better than the others; the rambling monologue that followed assured fans that this was still the same old Cher. **ANN POWERS (LOS ANGELES TIMES)**

Emergency

Master Plumber seeks work. Faucets, toilets, drips, leaks, disposals, etc. No job too small. Free estimates. Work guaranteed. Low Prices to earn your business. Licensed, Bonded & Insured.

CALL AL • 301-440-6944

Train to be a MEDICAL ASSISTANT

Sanz
since 1939

Financial Aid If You Qualify
Job Placement Assistance
Days, Eve and Weekends

Convenient Locations in DC MD VA

1(877)314-0606

Certified in VA by SCHEV



WeekendPass makes the weekend historic.

Every Thursday in Express.

XX143e 1x2

REGAL ENTERTAINMENT GROUP

ROCKVILLE CENTER STADIUM 13

Rockville Town Center 800-FANDANGO 248#
Adv. Tix on Sale INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
Adv. Tix on Sale SEX AND THE CITY (R) - ID REQ'D ★
SPEED RACER (PG) ★ (1200 1245 315 400) 630 715 945 1030
WHAT HAPPENS IN VEGAS (PG-13) (1200 130 230 415 515) 700 800 945 1045

IRON MAN - DP (PG-13) (1245 345) 645 945
IRON MAN (PG-13) (1200 130 215 300 430 515) 600 730 815 900 1030
MADE OF HONOR (PG-13) (115 215 345 445) 630 730 915 1015
BABY MAMA (PG-13) (215 500) 745 1015
HAROLD & KUMAR ESCAPE FROM GUANTANAMO BAY (R) - ID REQ'D (245 530) 1045
OC: HAROLD & KUMAR ESCAPE FROM GUANTANAMO (R) - ID REQ'D (1215) 815
FORGETTING SARAH MARSHALL (R) - ID REQ'D (215 500) 800 1035

GALLERY PLACE STADIUM 14

701 Seventh St NW 800-FANDANGO 1721#
Adv. Tix on Sale INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
Adv. Tix on Sale SEX AND THE CITY (R) - ID REQ'D ★
WHAT HAPPENS IN VEGAS (PG-13) (1145 1245 220) 410 500 640 745 915 1025

SPEED RACER (PG) ★ (1130 1230 245) 345 615 715 930 1020
RED BELT (R) - ID REQ'D (1200 230) 510 800 1035
IRON MAN - DP (PG-13) (100) 400 700 1015
MADE OF HONOR (PG-13) (1220 145) 315 415 610 710 900 950
IRON MAN (PG-13) (1230 130 200 330 430 500 630 730 820 945 1045)
OC: HAROLD & KUMAR ESCAPE FROM GUANTANAMO (R) - ID REQ'D (1210) 810
BABY MAMA (PG-13) (1150 210) 435 655 920
HAROLD & KUMAR ESCAPE FROM GUANTANAMO BAY (R) - ID REQ'D (300) 530 1040
FORGETTING SARAH MARSHALL (R) - ID REQ'D (130) 445 750 1030

UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#
Adv. Tix on Sale INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
Adv. Tix on Sale SEX AND THE CITY (R) - ID REQ'D ★
WHAT HAPPENS IN VEGAS (PG-13) (130 230 400 500) 715 815 945

SPEED RACER (PG) ★ (100 315 415) 645 745 945
RED BELT (R) - ID REQ'D (200 500) 800 1030
MADE OF HONOR (PG-13) (145 430) 715 1030
IRON MAN (PG-13) (100 130 330 400 430) 630 700 730 930 1000 1030
OC: HAROLD & KUMAR ESCAPE FROM GUANTANAMO (R) - ID REQ'D (200) 745
BABY MAMA (PG-13) (115 345) 700 930
HAROLD & KUMAR ESCAPE FROM GUANTANAMO BAY (R) - ID REQ'D (445) 1015
FORBIDDEN KINGDOM (PG-13) (1255 345) 630 915
88 MINUTES (R) - ID REQ'D (730 1015)
FORGETTING SARAH MARSHALL (R) - ID REQ'D (115 415) 645 915
NIM'S ISLAND (PG) (145 445)

MAJESTIC STADIUM 20

formerly Consolidated Theatres
900 Ellsworth Dr. Silver Spring, MD 240-393-4826
Adv. Tix on Sale INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
Adv. Tix on Sale SEX AND THE CITY (R) - ID REQ'D ★
WHAT HAPPENS IN VEGAS (PG-13) (1200 1250 220 320 450 550) 720 820 950
SPEED RACER (PG) ★ (Stadium) (1150 1245 145 245 345 445 545) 845 745 945 1045
MADE OF HONOR (PG-13) (Stadium) (1215 250 520) 750 1015
IRON MAN (PG-13) (Stadium) (1230 130 200 330 400 430 500) 630 700 730 800 930 1000 1030
BABY MAMA (PG-13) (Stadium) (1255 325) 710 935
HAROLD & KUMAR ESCAPE FROM GUANTANAMO BAY (R) - ID REQ'D (Stadium) (1235 315) 655 925
FORBIDDEN KINGDOM (PG-13) (Stadium) (105 435) 735 1020
FORGETTING SARAH MARSHALL (R) - ID REQ'D (Stadium) (115) 415 725 1025
88 MINUTES (R) - ID REQ'D (Stadium) (1205 235 505) 740 1010
PROM NIGHT (PG-13) (Stadium) (110 335) 605 815 1035
NIM'S ISLAND (PG) (Stadium) (1225 255 510)
HORTON HEARS A WHO (G) (Stadium) (1155 1220 240 455) 705 915

ROYALE STADIUM 14

formerly Consolidated Theatres
4505 American Blvd. Hyattsville, MD 301-864-3456
Adv. Tix on Sale INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
Adv. Tix on Sale SEX AND THE CITY (R) - ID REQ'D ★
WHAT HAPPENS IN VEGAS (PG-13) (1250 145 410 440) 710 815 940 1045
SPEED RACER (PG) ★ (Stadium) (110 200 415 500) 715 800 1015
RED BELT (R) - ID REQ'D (Stadium) (210 520) 820 1055
MADE OF HONOR (PG-13) (Stadium) (115 345) 645 920
IRON MAN (PG-13) (Stadium) (1230 130 330 400 430) 630 700 730 820 930 1000 1030
BABY MAMA (PG-13) (Stadium) (1245 350) 750 1040
HAROLD & KUMAR ESCAPE FROM GUANTANAMO BAY (R) - ID REQ'D (Stadium) (1240 420) 740 1010
FORBIDDEN KINGDOM (PG-13) (Stadium) (140 445) 745 1020
FORGETTING SARAH MARSHALL (R) - ID REQ'D (Stadium) (150) 450 720 950
PROM NIGHT (PG-13) (Stadium) (120 510) 810 1050

BETHESDA 10

7272 Wisconsin Avenue 800-FANDANGO 569#
Adv. Tix on Sale INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
Adv. Tix on Sale SEX AND THE CITY (R) - ID REQ'D ★
WHAT HAPPENS IN VEGAS (PG-13) (100 145 320 415 540) 645 800 910 1020
SPEED RACER (PG) ★ (100 400) 700 1000
MADE OF HONOR (PG-13) (225 450) 715 940
IRON MAN (PG-13) (100 130 330 400 430) 630 700 730 930 1000 1030
BABY MAMA (PG-13) (215 435) 715 935
HAROLD & KUMAR ESCAPE FROM GUANTANAMO BAY (R) - ID REQ'D (245 510) 745 1010
FORGETTING SARAH MARSHALL (R) - ID REQ'D (145 515) 745 1015

BOWIE STADIUM 14

15200 Major Lansdale Blvd 800-FANDANGO 454#
Adv. Tix on Sale INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
Adv. Tix on Sale SEX AND THE CITY (R) - ID REQ'D ★
WHAT HAPPENS IN VEGAS (PG-13) (1215 115 315 415) 615 715 915 1015
SPEED RACER (PG) ★ (100 400) 700 1000
MADE OF HONOR (PG-13) (225 450) 715 940
IRON MAN (PG-13) (100 130 330 400 430) 630 700 730 930 1000 1030
BABY MAMA (PG-13) (215 435) 715 935
HAROLD & KUMAR ESCAPE FROM GUANTANAMO BAY (R) - ID REQ'D (245 510) 745 1010
FORGETTING SARAH MARSHALL (R) - ID REQ'D (145 515) 745 1015

KINGSTOWN STADIUM 16

formerly Consolidated Theatres
5910 Kingsdown Towne Center 703-822-4956
Adv. Tix on Sale INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
Adv. Tix on Sale SEX AND THE CITY (R) - ID REQ'D ★
SPEED RACER (PG) ★ (Stadium) (1145 130 315 430) 645 730 945
WHAT HAPPENS IN VEGAS (PG-13) (1145 1245 220) 410 500 640 745 915 1025

IRON MAN (PG-13) (1220 120 150 255 325 425 455) 600 630 730 800 905 935 1035
IRON MAN - DP (PG-13) (1250 355) 700 1005
MADE OF HONOR (PG-13) (115 215 400 500) 640 740 920 1020
OC: HAROLD & KUMAR ESCAPE FROM GUANTANAMO (R) - ID REQ'D (110) 625
BABY MAMA (PG-13) (1255 330) 620 855
HAROLD & KUMAR ESCAPE FROM GUANTANAMO BAY (R) - ID REQ'D (350) 900
FORBIDDEN KINGDOM (PG-13) (235 525) 825 1030
88 MINUTES (R) - ID REQ'D (130 420) 710 1020
FORGETTING SARAH MARSHALL (R) - ID REQ'D (130 420) 710 1020
STREET KINGS (R) - ID REQ'D (230) 755

MAJESTIC STADIUM 20

Adv. Tix on Sale INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
Adv. Tix on Sale SEX AND THE CITY (R) - ID REQ'D ★
WHAT HAPPENS IN VEGAS (PG-13) (1145 1245 220) 410 500 640 745 915 1025
SPEED RACER (PG) ★ (1130 1230 245) 345 615 715 930 1020
RED BELT (R) - ID REQ'D (1200 230) 510 800 1035
IRON MAN - DP (PG-13) (100) 400 700 1015
MADE OF HONOR (PG-13) (1220 145) 315 415 610 710 900 950
IRON MAN (PG-13) (1230 130 200 330 430 500 630 730 820 945 1045)
OC: HAROLD & KUMAR ESCAPE FROM GUANTANAMO (R) - ID REQ'D (1210) 810
BABY MAMA (PG-13) (1150 210) 435 655 920
HAROLD & KUMAR ESCAPE FROM GUANTANAMO BAY (R) - ID REQ'D (300) 530 1040
FORGETTING SARAH MARSHALL (R) - ID REQ'D (130) 445 750 1030

GALLERY PLACE STADIUM 14

701 Seventh St NW 800-FANDANGO 1721#
Adv. Tix on Sale INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
Adv. Tix on Sale SEX AND THE CITY (R) - ID REQ'D ★
WHAT HAPPENS IN VEGAS (PG-13) (1145 1245 220) 410 500 640 745 915 1025
SPEED RACER (PG) ★ (1130 1230 245) 345 615 715 930 1020
RED BELT (R) - ID REQ'D (1200 230) 510 800 1035
IRON MAN - DP (PG-13) (100) 400 700 1015
MADE OF HONOR (PG-13) (1220 145) 315 415 610 710 900 950
IRON MAN (PG-13) (1230 130 200 330 430 500 630 730 820 945 1045)
OC: HAROLD & KUMAR ESCAPE FROM GUANTANAMO (R) - ID REQ'D (1210) 810
BABY MAMA (PG-13) (1150 210) 435 655 920
HAROLD & KUMAR ESCAPE FROM GUANTANAMO BAY (R) - ID REQ'D (300) 530 1040
FORGETTING SARAH MARSHALL (R) - ID REQ'D (130) 445 750 1030

BALLSTON COMMON STADIUM 12

671 N Glebe Rd 800-FANDANGO 377#
Adv. Tix on Sale INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
Adv. Tix on Sale SEX AND THE CITY (R) - ID REQ'D ★
WHAT HAPPENS IN VEGAS (PG-13) (155 225 430 500) 705 735 940 1010
SPEED RACER (PG) ★ (1220 100 330 410) 640 720 950 1030
RED BELT (R) - ID REQ'D (235 510) 745 1020
THE VISITOR (PG-13) (255 530) 805
FORBIDDEN KINGDOM (PG-13) (1240 330) 620 910
FORGETTING SARAH MARSHALL (R) - ID REQ'D (110 400) 650 945
SMART PEOPLE (R) - ID REQ'D (245 520) 755 1025
PROM NIGHT (PG-13) (1230 315 540) 815 1040
LEATHERHEADS (PG-13) (1235) 630
UNDER THE SAME MOON (PG-13) (945) 920
HORTON HEARS A WHO (G) (210 440)
THE BANK JOB (R) - ID REQ'D (710 1000)

POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 690#
Adv. Tix on Sale INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
Adv. Tix on Sale SEX AND THE CITY (R) - ID REQ'D ★
SPEED RACER (PG) ★ (1235 105 340 410) 645 715 950 1020
WHAT HAPPENS IN VEGAS (PG-13) (1210 215 245 505 535) 745 815 1025
IRON MAN (PG-13) (1220 120 150 255 325 425 455) 600 630 730 800 905 935 1035
IRON MAN - DP (PG-13) (1250 355) 700 1005
MADE OF HONOR (PG-13) (115 215 400 500) 640 740 920 1020
OC: HAROLD & KUMAR ESCAPE FROM GUANTANAMO (R) - ID REQ'D (110) 625
BABY MAMA (PG-13) (1255 330) 620 855
HAROLD & KUMAR ESCAPE FROM GUANTANAMO BAY (R) - ID REQ'D (350) 900
FORBIDDEN KINGDOM (PG-13) (235 525) 825 1030
88 MINUTES (R) - ID REQ'D (130 420) 710 1020
FORGETTING SARAH MARSHALL (R) - ID REQ'D (130 420) 710 1020
STREET KINGS (R) - ID REQ'D (230) 755

MAJESTIC STADIUM 20

Adv. Tix on Sale INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
Adv. Tix on Sale SEX AND THE CITY (R) - ID REQ'D ★
WHAT HAPPENS IN VEGAS (PG-13) (1145 1245 220) 410 500 640 745 915 1025
SPEED RACER (PG) ★ (1130 1230 245) 345 615 715 930 1020
RED BELT (R) - ID REQ'D (1200 230) 510 800 1035
IRON MAN - DP (PG-13) (100) 400 700 1015
MADE OF HONOR (PG-13) (1220 145) 315 415 610 710 900 950
IRON MAN (PG-13) (1230 130 200 330 430 500 630 730 820 945 1045)
OC: HAROLD & KUMAR ESCAPE FROM GUANTANAMO (R) - ID REQ'D (1210) 810
BABY MAMA (PG-13) (1150 210) 435 655 920
HAROLD & KUMAR ESCAPE FROM GUANTANAMO BAY (R) - ID REQ'D (300) 530 1040
FORGETTING SARAH MARSHALL (R) - ID REQ'D (130) 445 750 1030

MAJESTIC STADIUM 20

Adv. Tix on Sale INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
Adv. Tix on Sale SEX AND THE CITY (R) - ID REQ'D ★
WHAT HAPPENS IN VEGAS (PG-13) (1145 1245 220) 410 500 640 745 915 1025
SPEED RACER (PG) ★ (1130 1230 245) 345 615 715 930 1020
RED BELT (R) - ID REQ'D (1200 230) 510 800 1035
IRON MAN - DP (PG-13) (100) 400 700 1015
MADE OF HONOR (PG-13) (1220 145) 315 415 610 710 900 950
IRON MAN (PG-13) (1230 130 200 330 430 500 630 730 820 945 1045)
OC: HAROLD & KUMAR ESCAPE FROM GUANTANAMO (R) - ID REQ'D (1210) 810
BABY MAMA (PG-13) (1150 210) 435 655 920
HAROLD & KUMAR ESCAPE FROM GUANTANAMO BAY (R) - ID REQ'D (300) 530 1040
FORGETTING SARAH MARSHALL (R) - ID REQ'D (130) 445 750 1030

MAJESTIC STADIUM 20

Adv. Tix on Sale INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
Adv. Tix on Sale SEX AND THE CITY (R) - ID REQ'D ★
WHAT HAPPENS IN VEGAS (PG-13) (1145 1245 220) 410 500 640 745 915 1025
SPEED RACER (PG) ★ (1130 1230 245) 345 615 715 930 1020
RED BELT (R) - ID REQ'D (1200 230) 510 800 1035
IRON MAN - DP (PG-13) (100) 400 700 1015
MADE OF HONOR (PG-13) (1220 145) 315 415 610 710 900 950
IRON MAN (PG-13) (1230 130 200 330 430 500 630 730 820 945 1045)
OC: HAROLD & KUMAR ESCAPE FROM GUANTANAMO (R) - ID REQ'D (1210) 810
BABY MAMA (PG-13) (1150 210) 435 655 920
HAROLD & KUMAR ESCAPE FROM GUANTANAMO BAY (R) - ID REQ'D (300) 530 1040
FORGETTING SARAH MARSHALL (R) - ID REQ'D (130) 445 750 1030

MAJESTIC STADIUM 20

Adv. Tix on Sale INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
Adv. Tix on Sale SEX AND THE CITY (R) - ID REQ'D ★
WHAT HAPPENS IN VEGAS (PG-13) (1145 1245 220) 410 500 640 745 915 1025
SPEED RACER (PG) ★ (1130 1230 245) 345 615 715 930 1020
RED BELT (R) - ID REQ'D (1200 230) 510 800 1035
IRON MAN - DP (PG-13) (100) 400 700 1015
MADE OF HONOR (PG-13) (1220 145) 315 415 610 710 900 950
IRON MAN (PG-13) (1230 130 200 330 430 500 630 730 820 945 1045)
OC: HAROLD & KUMAR ESCAPE FROM GUANTANAMO (R) - ID REQ'D (1210) 810
BABY MAMA (PG-13) (1150 210) 435 655 920
HAROLD & KUMAR ESCAPE FROM GUANTANAMO BAY (R) - ID REQ'D (300) 530 1040
FORGETTING SARAH MARSHALL (R) - ID REQ'D (130) 445 750 1030

COUNTRYSIDE STADIUM 20

45980 Regal Plaza 800-FANDANGO 394#
Adv. Tix on Sale INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
Adv. Tix on Sale SEX AND THE CITY (R) - ID REQ'D ★
SPEED RACER (PG) ★ (1150 115 215 320 415 520) 625 715 840 945 1015
WHAT HAPPENS IN VEGAS (PG-13) (1140 120 220 350 450) 620 720 850 950
RED BELT (R) - ID REQ'D (1145 240 510) 740 1020
IRON MAN (PG-13) (1130 1230 130 200 230 330 430 500 530) 630 730 830 830 930 1030
IRON MAN - DP (PG-13) (100 400) 700 1000
MADE OF HONOR (PG-13) (1240 145 310 440 550) 710 820 940
BABY MAMA (PG-13) (1220 250 515) 745 1010
OC: HAROLD & KUMAR ESCAPE FROM GUANTANAMO (R) - ID REQ'D (210) 750
HAROLD & KUMAR ESCAPE FROM GUANTANAMO BAY (R) - ID REQ'D (455) 1025
FORBIDDEN KINGDOM (PG-13) (1200 300) 610 855
FORGETTING SARAH MARSHALL (R) - ID REQ'D (1250 340) 635 935
NIM'S ISLAND (PG) (140 440) 640 920
21 (PG-13) (1210 315) 615 915
HORTON HEARS A WHO (G) (150 420) 650 910

FOX STADIUM 16

formerly Consolidated Theatres
22875 Crawford Plz. Ashburn, VA 703-957-1035
Adv. Tix on Sale INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
Adv. Tix on Sale SEX AND THE CITY (R) - ID REQ'D ★
SPEED RACER (PG) ★ (Stadium) (1130 115 340 415) 640 715 940 1010
WHAT HAPPENS IN VEGAS (PG-13) (Stadium) (1120 1245 140 320) 440 650 750 920 1010
RED BELT (R) -



Experience the Difference.

Advanced Ticketing
at MovieWatcher.com

See it first - Tickets on sale now!
The Chronicles of Narnia: Prince Caspian opens May 16th

AMC HOFFMAN CENTER 22
Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

DIGITAL PRESENTATION

IRON MAN (PG13) 2:40, 6:00, 9:20

SPEED RACER (PG) 1:40, 2:20, 3:00, 3:40, 5:00, 5:40, 7:00, 9:00

SPEED RACER (PG) 2:20, 5:40, 9:00

WHAT HAPPENS IN VEGAS (PG13) 1:50, 2:30, 3:30, 4:30, 5:10,

6:10, 7:10, 7:50, 9:10, 9:50

IRON MAN (PG13) 1:30, 2:00, 3:20, 4:00, 4:40, 5:20, 6:40, 7:20, 8:00,

8:40, 10:00

MADE OF HONOR (PG13) 1:55, 2:35, 4:20, 5:05, 7:05, 7:40, 9:30, 10:10

BABY MAMA (PG13) 1:35, 3:10, 4:10, 5:45, 7:30, 8:10, 9:55

HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R)

2:05, 4:35, 7:15, 9:40

88 MINUTES (R) 8:15

THE FORBIDDEN KINGDOM (PG13) 3:45, 6:30, 9:15

FORGETTING SARAH MARSHALL (R) 1:45, 4:25, 7:25, 10:05

PROM NIGHT (PG13) 8:20

STREET KINGS (R) 2:50, 5:25, 8:05

NIM'S ISLAND (PG) 2:55, 5:35

21 (PG13) 6:20, 9:25

AMC SELECT

REDBELT (R) 2:45, 5:30, 7:55, 10:15

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
703-998-4AMC

DIGITAL PRESENTATION

IRON MAN (PG13) 2:30, 5:30, 8:30

SPEED RACER (PG) 12:10, 2:15, 3:25, 5:25, 6:35, 8:35, 9:45

WHAT HAPPENS IN VEGAS (PG13) 1:10, 2:10, 3:50, 4:50, 6:25,

7:25, 9:00, 10:00

WHAT HAPPENS IN VEGAS (PG13) 2:10, 4:50, 7:25, 10:00

IRON MAN (PG13) 12:15, 1:05, 1:45, 3:15, 4:05, 4:45, 6:15, 7:05,

7:45, 9:15, 10:05

MADE OF HONOR (PG13) 12:55, 2:00, 3:30, 4:40, 6:05, 7:15, 8:40, 9:50

BABY MAMA (PG13) 2:05, 4:30, 7:00, 9:30

HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R)

12:20, 2:45, 7:30, 9:55

THE FORBIDDEN KINGDOM (PG13) 1:30, 6:45

FORGETTING SARAH MARSHALL (R) 4:10, 9:20

PROM NIGHT (PG13) 5:10

AMC SELECT

REDBELT (R) 1:50, 4:25, 6:55, 9:25

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

DIGITAL PRESENTATION

IRON MAN (PG13) 2:00, 5:00, 8:00

SPEED RACER (PG) 1:15, 4:20, 7:30, 10:25

WHAT HAPPENS IN VEGAS (PG13) 1:45, 2:30, 4:10, 5:15, 6:45,

7:50, 9:30, 10:20

IRON MAN (PG13) 1:00, 3:00, 4:00, 6:00, 7:00, 9:00, 10:00

MADE OF HONOR (PG13) 1:50, 3:05, 4:40, 5:30, 7:20, 8:10, 9:45, 10:30

BABY MAMA (PG13) 1:55, 4:15, 6:50, 9:40

HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R)

2:10, 4:50, 7:25, 10:05

88 MINUTES (R) 1:10, 4:05, 7:05, 9:50

THE FORBIDDEN KINGDOM (PG13) 4:30, 10:15

FORGETTING SARAH MARSHALL (R) 1:40, 4:25, 7:15, 9:55

FORGETTING SARAH MARSHALL (R) 1:40, 4:25, 7:15, 9:55

21 (PG13) 1:30, 7:10

AMC SELECT

REDBELT (R) 2:40, 5:05, 7:40, 10:10

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

DIGITAL PRESENTATION

IRON MAN (PG13) 2:30, 5:30, 8:30

SPEED RACER (PG) 12:05, 1:10, 2:00, 3:30, 4:15, 5:15, 6:45,

7:30, 10:15

WHAT HAPPENS IN VEGAS (PG13) 1:50, 2:35, 4:30, 5:20, 7:15,

8:00, 9:45, 10:35

WHAT HAPPENS IN VEGAS (PG13) 1:50, 4:30, 7:15, 9:45

IRON MAN (PG13) 12:15, 1:00, 1:45, 3:15, 4:00, 4:45, 6:15, 7:00,

7:45, 9:15, 10:00

MADE OF HONOR (PG13) 1:05, 2:10, 3:50, 4:50, 6:30, 7:25, 9:10, 10:10

BABY MAMA (PG13) 1:15, 3:45, 5:05, 6:40, 7:35, 9:20, 10:20

HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R)

2:15, 5:00, 7:50, 10:35

88 MINUTES (R) 8:10, 10:40

THE FORBIDDEN KINGDOM (PG13) 1:40, 4:25, 7:10, 10:05

FORGETTING SARAH MARSHALL (R) 2:20, 5:25, 8:15

PROM NIGHT (PG13) 12:35, 2:50, 5:10, 7:20, 9:55

NIM'S ISLAND (PG) 12:30, 2:45

AMC SELECT

REDBELT (R) 12:00, 2:25, 4:55, 7:40, 10:25

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

IRON MAN (PG13) 2:00, 3:10, 5:00, 6:30, 8:00, 9:20

MADE OF HONOR (PG13) 2:50, 5:20, 7:40, 10:00

BABY MAMA (PG13) 3:30, 5:50, 8:10, 10:20

DECEPTION (R) 3:00, 5:30, 7:50

HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R)

2:20, 4:50, 7:10, 9:30

88 MINUTES (R) 7:20, 9:50

NIM'S ISLAND (PG) 2:55, 5:10

21 (PG13) 1:50, 4:40, 7:30, 10:10

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

SPEED RACER (PG) 12:30, 3:30, 6:35, 9:45

WHAT HAPPENS IN VEGAS (PG13) 12:10, 2:30, 5:00, 7:35, 10:00

IRON MAN (PG13) 12:15, 1:05, 2:05, 3:15, 4:15, 5:15, 6:05, 7:05,

8:05, 9:15, 10:00

88 MINUTES (R) 12:20, 2:50, 5:20, 7:45, 10:10

THE FORBIDDEN KINGDOM (PG13) 12:25, 3:05, 4:35, 6:15, 7:15,

9:05, 10:05

PROM NIGHT (PG13) 12:05, 2:15, 4:25, 6:40, 7:40, 8:50, 9:50

STREET KINGS (R) 1:25, 4:20, 7:20, 10:05

TYLER PERRY'S MEET THE BROWNS (PG13) 12:05, 2:25, 4:55,

7:25, 9:55

DR. SEUSS' HORTON HEARS A WHO! (G) 12:10, 2:25

DR. SEUSS' HORTON HEARS A WHO! (G) 12:10, 2:25

COLLEGE ROAD TRIP (G) 12:50, 3:00, 5:10

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

PRICELESS (NR-NOT RATED) 5:00, 9:50

AMC SELECT

THE BABYSITTERS (R) 2:10, 4:40, 7:10, 9:30

REDBELT (R) 1:50, 4:30, 7:00, 9:20

THEN SHE FOUND ME (R) 1:30, 4:10, 7:20, 9:40

ROMAN DE GARE (R) 2:00, 4:20, 7:00, 9:10

THE VISITOR (PG13) 1:40, 3:50, 7:40, 9:55

YOUNG@HEART (PG) 2:20, 4:50, 7:30, 9:50

MISS PETTIGREW LIVES FOR A DAY (PG13) 2:30, 7:50

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

IRON MAN (PG13) 1:00, 4:00, 7:00, 10:00

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

DIGITAL PRESENTATION

IRON MAN (PG13) 2:15, 5:15, 8:10, 11:00

SPEED RACER (PG) 12:15, 1:45, 3:15, 4:45, 6:15, 7:45, 9:15, 10:45

WHAT HAPPENS IN VEGAS (PG13) 12:10, 1:20, 2:40, 3:45,

5:10, 6:10, 7:35, 8:35, 10:00, 10:50

IRON MAN (PG13) 12:00, 12:45, 1:30, 3:00, 3:40, 4:30, 6:05, 6:45,

7:30, 9:00, 9:45, 10:30

MADE OF HONOR (PG13) 12:30, 1:50, 3:05, 4:25, 5:40, 7:10, 8:05,

9:50, 10:35

BABY MAMA (PG13) 12:05, 1:25, 2:30, 3:50, 4:50, 6:15, 7:15, 8:40,

9:35, 10:55

HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R)

12:50, 3:20, 5:50, 8:15

THE FORBIDDEN KINGDOM (PG13) 1:40, 4:20, 7:05, 9:55

FORGETTING SARAH MARSHALL (R) 1:35, 4:15, 7:00, 9:40

21 (PG13) 10:40 PM

AMC SELECT

REDBELT (R) 12:40, 3:10, 5:30, 8:00, 10:25

AMC MAZZA GALLERIE
Jenifer and Wisconsin
202-537-9553

SPEED RACER (PG) 2:00, 5:00, 8:00

WHAT HAPPENS IN VEGAS (PG13) 2:20, 4:40, 7:10

IRON MAN (PG13) 1:50, 4:50, 7:50

MADE OF HONOR (PG13) 1:55, 4:20, 7:20

BABY MAMA (PG13) 2:40, 5:10, 7:30

HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R)

1:45, 4:05

FORGETTING SARAH MARSHALL (R) 2:30, 4:55, 7:40

LOEWS RIO CINEMAS 18
9811 Washington Boulevard
301-948-0906

DIGITAL PRESENTATION

IRON MAN (PG13) 2:40, 5:40, 8:40

SPEED RACER (PG) 1:20, 2:20, 3:20, 4:30, 5:30, 6:30, 7:35, 9:40,

10:35

WHAT HAPPENS IN VEGAS (PG13) 1:10, 2:35, 3:40, 5:05, 6:20,

7:35, 8:50, 10:05

IRON MAN (PG13) 1:00, 1:50, 3:15, 4:00, 4:50, 6:15, 7:00, 7:50, 9:20,

10:00, 10:45

IRON MAN (PG13) 1:50, 4:50, 7:50, 10:45

MADE OF HONOR (PG13) 12:45, 2:00, 3:10, 4:35, 5:45, 7:05, 8:15,

9:35, 10:40

BABY MAMA (PG13) 1:35, 2:45, 3:50, 5:10, 6:35, 7:30, 8:55, 10:10

HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R)

3:00, 5:35, 8:20, 10:45

88 MINUTES (R) 8:35

THE FORBIDDEN KINGDOM (PG13) 12:50, 3:30, 6:10, 8:45

FORGETTING SARAH MARSHALL (R) 2:10, 5:00, 7:55, 10:30

NIM'S ISLAND (PG) 2:50

21 (PG13) 5:15, 8:00, 10:35

AMC SELECT

REDBELT (R) 1:55, 4:20, 7:10, 9:45

LOEWS WHITE FLINT 5
North Bethesda
1-800-FANDANGO #741

SPEED RACER (PG) 1:30, 4:15, 7:00

WHAT HAPPENS IN VEGAS (PG13) 1:35, 4:20, 7:15

IRON MAN (PG13) 1:55, 4:30, 7:15

MADE OF HONOR (PG13) 1:35, 4:15, 7:00

BABY MAMA (PG13) 2:00, 4:30, 7:25

Times for Tuesday, May 13, 2008

LEARN HOW TO PROFIT FROM THE BEST BUYER'S MARKET IN HISTORY

STOP
PUTTING 20% DOWN
AND RISKING
YOUR OWN CREDIT

This **ONE DAY** Intensive Seminar will teach you how to Amass a fortune in Real Estate in the next few years without Getting Bank Loans!

REGISTER NOW!

START
to LEARN the SECRETS of the ULTRA WEALTHY at this Event !!

SATURDAY MAY 17th 2008 9AM - 4PM

www.FASTTRACKSEMINAR.NET

CALL NOW!!! (377) 661-8018

KEY BRIDGE MARRIOTT ARLINGTON VIRGINIA

Cigarette Smoker? Want to Quit?

Do you have asthma?



National Heart
Lung and Blood Institute
People Science Health

Participate in a study at NIH.

Call 1-800-411-1222

Se habla español

TTY: 1-866-411-1010

Compensation will be provided.

National Institutes of Health, Department of Health and Human Services

Finally in charge? Now what?



New! Master of
Science in Management



THE CATHOLIC UNIVERSITY OF AMERICA
Metropolitan College

<http://metro.cua.edu> • 202-319-5256

All Your Dental Needs In One Office!



BEFORE

- Evening and Saturday Appointments
- Most Insurance accepted
- Free cosmetic consultation

10% OFF
with this ad



AFTER

- Free implant, Lumineer and Invisalign consultation
- One block from ROSSLYN METRO
- Emergencies seen same day

Rosslyn Dental Center & Eye Street Dental Center

1800 N. Kent St. #100 | Arlington, VA 22209 | 703-807-0808
1712 Eye St. #812 | Washington, DC 20006 - Next to Faragut West Metro Station | 202-223-3536

The Career University of Your Future

*A Career Awaits
For You in
Culinary Arts
and Hospitality*

Stratford
UNIVERSITY
www.stratford.edu



For further information, please contact Admissions:

Tysons Corner Campus • (703) 821-8570

Certified by SCHEV to operate campuses in VA

focus on **fashion**

Styles. Every Friday

express

XX363 2x1.5

Entertainment

An Old Soul With '60s Flair

Duffy's lyrical depth
is only as surprising
as her nostalgic style



CHRIS JACKSON/GETTY IMAGES

TALES OF WOE: Duffy gives us good old-fashioned heartbreak on "Mercy."

MUSIC | Duffy's debut album could slip in between Dionne Warwick and Dusty Springfield on a collector's shelf, but the 23-year-old pop-soul ingenue says she developed her sound without hearing either artist.

Still, the singer-songwriter, who grew up in a remote Welsh village where top-40 music ruled, embodies the style and substance of a classic '60s soul diva.

She co-wrote each of the 10 tracks on "Rockferry," an album all about old-fashioned heartbreak. On the title track, Duffy has "a bag

of songs and a heavy heart." She tells a lover they're finished in the sparsely arranged "Warwick Avenue," bemoans his lack of attention in "Hanging on Too Long" and tries to keep herself from the arms of a cheater in "Stepping Stone."

She knows she's a fool in love and pleads for compassion on the super-catchy single "Mercy." Duffy taps into her inner Aretha Franklin on the electro-tinged tune, begging for mercy over a bouncy chorus of "yeah, yeah, yeahs."

While none of the album's other

songs are as punchy or uptempo as this toe-tapping track, Duffy delivers a solid, soulful debut with the same retro appeal and promise Amy Winehouse generated with 2006's "Back to Black."

"Rockferry" lags only on its final tune — ironically, the album's most positive. A soaring anthem about life's possibilities laid over an orchestral backdrop, "Distant Dreamer" sounds like the theme song for a cheesy children's film.

SANDY COHEN (AP)



Brain Imaging in Depression

The National Institute of Mental Health (NIMH) is conducting studies using Positron Emission Tomography (PET) & Magnetic Resonance Imaging (MRI) to better understand how the brain regulates emotion and how depression affects motivation. Studies are conducted at the NIH Clinical Center in Bethesda, MD.

Participants Should Be:

- Currently depressed
- Free of other serious medical conditions
- 18 to 55 years old
- Free of head trauma
- Free of any psychiatric medications

Transportation reimbursement provided.
Compensation is provided for participation.

Call: **301-594-3186**
(TTY: 1-866-411-1010)

<http://patientinfo.nimh.nih.gov>
or for other studies: www.clinicaltrials.gov

Are You Depressed?



The National Institute of Mental Health **NIMH**
National Institutes of Health, Department of Health & Human Services
National Institute of Mental Health

05-M-0169
03-M-0149

Sports

Swengali

CAPITALS | BY MATT SWENSON

A Fond Farewell For Caps' Kolzig

IN THE PAST THREE YEARS, the face of the Washington Capitals has changed from a grizzled goalie to a superstar Russian who's missing a tooth.

And it was inevitable that a young team with a bright future and new identity would be forced to move forward.

Yet that doesn't lessen the sorrow of last week's news that Olaf Kolzig will be looking for employment elsewhere next season.

The 2000 Vezina Trophy winner and the only goalie to lead the Capitals to the Stanley Cup finals found himself on the bench as Washington returned to the post-season this year.

Cristobal Huet, acquired at the trade deadline, earned his place as

It's a smart decision to keep Huet, but watching Olie on another team will be odd.

a starter by winning the team's final seven regular season games to reach the playoffs.

It is the smart decision to keep Huet to build around a young team anchored by Alex Ovechkin.

But watching Olie the goalie on another team will be really odd.

Kolzig was drafted way back in 1989 — when Bart was still the main character of "The Simpsons" — and has played in a whopping 711 games for the Caps and tallied 301 wins.

Most impressively, Kolzig survived the purge of 2004 when Washington began its rebuilding process.

He saw some of the best and worst times in the team's history.

We wish Kolzig a fond farewell, knowing his departure is probably best for both sides.

To reach Matt Swenson, e-mail matt.swenson@readexpress.com

11

The number of times Spurs forward Tim Duncan has been chosen for the NBA All-Defensive Team. He was selected for the eleventh time on Monday along with Kobe Bryant, Marcus Camby, Bruce Bowen and Kevin Garnett.

Nelson Stands by His Guarantee

Having heard this all before, Pistons say they're ready to play

NBA PLAYOFFS | Jameer Nelson is sticking to his guarantee, and the Detroit Pistons don't blame him.

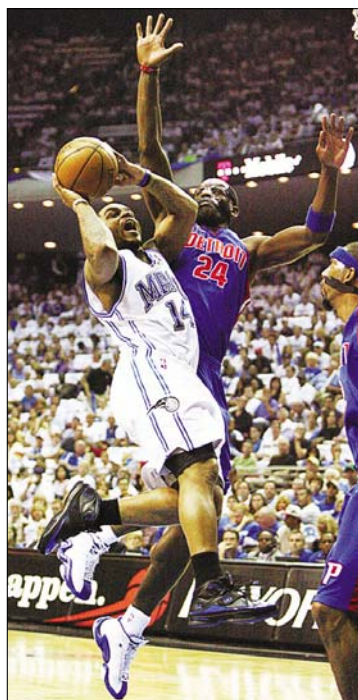
Shortly after going down 3-1 in the second round, Orlando's point guard said the Magic would go on the road and beat Detroit to extend the series.

"What am I supposed to do? Guarantee a loss?" Nelson asked Monday. "We've got to win the game. We have the confidence that we can do it."

"I believe it."

The Pistons have heard their fair share of guarantees over the years, usually from teammate Rasheed Wallace, and they responded to Nelson's with a collective yawn.

"He doesn't have anything to lose



Jameer Nelson drives to the basket in Orlando's loss to Detroit on Saturday.

by saying that," Tayshaun Prince said. "One thing he's probably trying to do is spark his club."

Detroit might be without Chauncey Billups when it hosts Game 5 of the Eastern Conference semifinal.

Billups' Bentley was in the parking lot well before the team's mid-morning practice to get treatment on his strained hamstring and go through a workout with strength and conditioning coach Arnie Kander.

"If you look at it from three or four days ago to today, it's night and day," Kander said. "Running good. Feeling good."

"He's had no setbacks, and he comes in every morning feeling better."

If Billups sits out for a second game in a row, coach Flip Saunders insisted it will have nothing to do with having a cushion in the series.

"When he's ready to go, he's going

to play," Saunders said. "If we were down, it wouldn't matter."

Detroit has been pretty tough to beat when it has a chance to advance.

The Pistons are 14-3 following a third victory in a series since 2003, when they started a streak of advancing to at least the Eastern Conference finals.

As defending champions, they lost to San Antonio in Game 7 of the 2005 NBA finals and dropped two games after going ahead 3-1 in the second round last year against the Chicago Bulls.

"We don't want to go back [to Orlando]," Richard Hamilton said. "We want to treat this game like it's our Game 7 and, hopefully, come out and get a win." LARRY LAGE (AP)

Late game: The Cavs-Celtics game ended after Express' deadline. Get results, analysis in **Today's Post, Sports**

Tiger Says His Rehab Is on Schedule

Woods is chipping and putting, expects to play in the Memorial

GOLF | Tiger Woods is chipping and putting again, and he hopes to play in the Memorial in two weeks. But even if he can't compete until the U.S. Open, he doesn't expect the same result as his last layoff during a season.

Two years ago, Woods didn't play for nine weeks while coping with the death of his father. He returned to competition in the U.S. Open at Winged Foot and missed the cut for the only time in a major.

"That was a totally different mental situation than I am now," Woods said Monday. "Even when I came back for the Open, I probably wasn't ready to play yet. I was eager to get back and play and be in a competitive environment, but I wasn't ready to deal with all the things you have to deal with inside the ropes. ... It showed, and I played terrible."

"This time around, it's totally different," he added. "Everything in my life is doing great. I'm just try-



Tiger Woods takes in the Magic-Pistons game on Saturday while rehabbing his knee.

ing to get the leg organized enough to where I can play."

Woods had surgery on his left knee April 15 for the second time in five years, this time to clean out some cartilage. He has not played since finishing three shots behind Trevor Immelman at the Masters.

Doctors said the recovery would be four to six weeks, and Woods said his rehabilitation was going well.

"I'll tell you what: I'm getting sick and tired of riding the bike,"

he said.

He has been able to chip and putt, and Woods said he hopes to work his way through the bag to hit fuller shots as he regains strength. But he is in no shape to play now, except for a short game contest.

"I couldn't compete against those guys, unless we were playing a putt-putt course," he said. "All I could do was chip and putt. I think they would have a distinct advantage over me for anything over 30 yards." (AP)

No Exemption For Wie This Year

WOMEN'S GOLF | Don't look for Michelle Wie at the Ginn Tribute hosted by Annika Sorenstam.

A tournament spokesman says Wie was not given an exemption as she was a year ago. That's when Wie withdrew after 16 holes.

Wie said she left because of her wrist and not because she was two-shots shy of the LPGA Tour's "88" rule. That would have banned her from further tour exemptions. (AP)

TODAY'S TV LINEUP

NBA PLAYOFFS (7 P.M. AND 9:30 P.M. ON TNT) Jameer Nelson has guaranteed a Game 5 win for the Magic at Detroit. They need one to stay alive. Then, San Antonio heads back to New Orleans with the series tied at two.

NHL PLAYOFFS (7:30 P.M. ON VERSUS) Pittsburgh is up 2-0 heading back to Philadelphia for a game that's pretty much a must-win for the Flyers.

NATIONALS (7 P.M. ON MASN2) John Lannan takes the mound for the Nats against the Mets' star youngster, John Maine.

"How am I going to win a Gold Glove if they take me out in the eighth [for a defensive specialist]?"

— Red Sox slugger Manny Ramirez, who claims a Gold Glove is well within reach.



Sports

For Jockey, Preakness Is the Prize

Local legend will ride Big Brown at Pimlico in a sentimental race

HORSE RACING | Having earned a milestone victory at the Kentucky Derby aboard Big Brown, Kent Desormeaux hopes to keep his Triple Crown hopes alive with a sentimental win at the Preakness.

Long before he reached elite status in Southern California in the 1990s, the Hall of Fame jockey made a name for himself on Maryland race tracks. He won the 1987 Eclipse Award as outstanding apprentice jockey and was the leading winner at Pimlico Race Course in each of the next two years.

"Everyone knows how excited people get for the Kentucky Derby. Well, I get just as excited or even more about the Preakness," Desormeaux said. "I may have grown up in Maurice, La., but I grew up in the industry at Pimlico and Laurel Park. So to come there and get to ride in Maryland's signature event is really impor-



Kent Desormeaux celebrates his third Derby victory, this one on Big Brown on May 3.

tant to me personally."

After leaving Maryland in 1990, Desormeaux led the jockeys' standings 11 times in California. After that, however, he reached the winner's circle so infrequently that he decided the only cure for the slump was to return to the East Coast. Desormeaux picked New York.

The move revived his career, and Desormeaux culminated his return to glory by becoming the eighth three-time winner of the Kentucky Derby.

Now he's seeking to win a second Preakness, to go along with the one on Real Quiet in 1998. It will be the 11th Preakness for Desormeaux, and this time he will be aboard the no-doubt favorite, Big Brown.

"The butterflies are going to be there," said Desormeaux, who ranks 23rd on the career win list with 4,971. "That's what is so awesome about the Triple Crown and the 11 horses who have accomplished the feat. It takes an absolute freak to be ready to go again in two weeks."

DAVID GINSBURG (AP)

Sanchez, Duke Lead Pirates to 6th Straight Win

BASEBALL | Maybe it's no coincidence the Pittsburgh Pirates developed some consistency when Freddy Sanchez and Zach Duke did.

Sanchez's three-run double in the fifth inning put Pittsburgh ahead, leading Duke and the streaking Pirates past the Atlanta Braves 5-0 Monday in the first game of a doubleheader.



Sanchez

Duke (2-2) shook off five walks and three errors behind him to limit Atlanta to five hits over six innings, and the Pirates won their sixth in a row — their longest winning streak since taking 10 consecutive games from June 25-July 5, 2004.

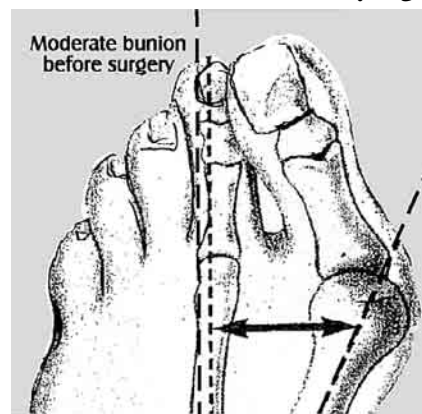
The Braves lost their seventh straight on the road. They have the majors' best home record (14-4) and worst road mark (4-14).

ALAN ROBINSON (AP)

BOTHERED by BUNIONS?

If you have a painful bunion, contact the Chesapeake Research Group today. We are looking for qualified individuals to participate in a clinical research study that will evaluate the effectiveness of an investigational pain relieving medication following bunion removal. All procedures will be performed by the Chesapeake Foot and Ankle Center Podiatrists at the Chesapeake Ambulatory Surgery Center in Pasadena, Maryland.

Dr. Ira Gotlieb • Dr. Jenny Nguyen • Dr. Enzo Leone



If you qualify for this study you will receive:

- Surgery at no charge
- Financial compensation
- Lab work at no charge
- Study-related visits at no charge



Contact us today to learn more!

410-761-0118

Email: info@crghmd.com • www.chesapeakeresearchgroup.com

Israel is Magical!
sixth&i

Celebrate Israel @ 60 with the whole family!

Israeli song session followed by the magic and illusion of two of the East Coast's premiere entertainers, Speed & Thro.



Sunday, May 18, 11:00 am
Tickets are \$10.

Email aweintraub@sixthandi.org
or call 202-408-3100

sixth&i

Sixth & I Historic Synagogue,
600 I Street, NW, Washington, DC
Easily accessible by Metro - Gallery Place-Chinatown





GEORGETOWN UNIVERSITY

Master's Degree

INFORMATION SESSION

Wednesday, May 14, 2008 | 6:30 p.m.

INTERCULTURAL CENTER (ICC), GEORGETOWN UNIVERSITY MAIN CAMPUS, 37TH &

To RSVP, visit scs.georgetown.edu/mps or call 202.6

NOW ACCEPTING APPLICATIONS

Real Estate

Development

Construction Management

Real Estate Finance

International Real Estate

Human Resources Management

International Human
Resources Management

Diversity and
Inclusion Management

Strategic Human Capital
Management

Journal

Cultural

Political/Inter

Advocacy/In



build



diversity



S C H O O L O F C O N T

TY

ES

Flexible full-time or part-time evening schedules

D STREETS, NW, WASHINGTON, DC 20057

37.8700

ism

ernational
mersion

truth

Sports Industry Management

Strategic Marketing,
Communications, and
New Media

Business, Management,
and Operations



drive

Public Relations/ Corporate Communications

Strategic Public Relations

Corporate Communications

Integrated Marketing
Communications



change

I N U I N G S T U D I E S

ACNE/ACNE SCAR TREATMENT

Uneven Pigmentation / Blemish Removal • TCA Peels / Big Acid Peels
• All treatments are comfortable and have quick recovery.



Call for our Fall Special!
All procedures performed By a Physician
202.452.1332 24th and I St., Foggy Bottom Metro
703.533.1025 Tyson's Corner
703.465.0666 Alexandria
301.738.6766 Bethesda
410.730.7226 Columbia/Baltimore
0 Down 0 Interest 100% Financing. Gift Certificates



www.vitasurgical.com

Up to 30%
off on
packages

DC • FAIRFAX • TYSON'S CORNER • ALEXANDRIA • COLUMBIA • BALTIMORE

\$499/Eye Any Prescription Lasik!

ENJOY LASIK REGARDLESS OF YOUR RX.

20/20 Guaranteed or Money Back*



- No Incision/Cut and No Flap Lasik
- One Eye or Both Eyes At A Time
- Safe & Comfortable
- Quick & Immediate Recovery
- FDA Approved
- Visx & Bausch & Lomb Lasers
- Night and Weekend Hour Available
- 0 Down 0 Interest 100% financing
- Return to Work Next Day
- Insurance

I SURGEONS

202.464.5216 • 24th and I St., Foggy Bottom Metro
301.738.0339 • BETHESDA
703.533.0025 • TYSON'S CORNER
703.465.0090 • ALEXANDRIA
410.730.2215 • COLUMBIA/BALTIMORE
www.i-surgeons.com

I SURGEONS

22 | EXPRESS | 05.13.2008 | TUESDAY

Sports

NASCAR's Busch Has Low Approval

The most hated driver in racing doesn't care about his reputation

AUTO RACING | Kyle Busch is NASCAR's most hated driver. And he loves it.

Viciously booed during pre-race introductions, Busch soaked up the venom by encouraging Saturday night's crowd at Darlington Raceway to keep it coming. And when he heard a member of Dale Earnhardt Jr.'s crew jeer him as he passed by on the parade lap, Busch smugly flipped him the bird.

"I don't care. I'm here to race. I'm here to win," Busch said. "If I win, it just makes 'em more upset and crying on their way home."

Busch won his third Sprint Cup Series race of the season Saturday night, exactly one week after he alienated "Junior Nation" by wrecking Earnhardt as the two jockeyed for the lead three laps from the finish.

It led to severe fan backlash against Busch, which included a thunderous razzing when he appeared onstage with his mom in a prerace Mother's Day tribute. He sarcastically wiped a fake tear from his eye, then incited the crowd by cupping his ear and raising his arms as if to ask for more booing.



Kyle Busch has won eight races this season in NASCAR's top three series.

Busch is thriving as NASCAR's villain. Overshadowed for three seasons at Hendrick Motorsports by his successful and levelheaded teammates, he's having a breakthrough year with Joe Gibbs Racing. His new team loves everything about him, from his edgy personality to a new-found swagger and the aggressive driving style that's helped him to eight victories this season spanning NASCAR's top three series.

"I like the balance that he has. I don't have any problem with it," crew chief Steve Addington said. "He fits in with our race team, and his personality fits with this race team." JENNA FRYER (AP)

LIPOSUCTION

Unwanted Fat Removed Permanently!

0 Down 0 Interest 100% Financing • IMAGINE WHAT WE CAN DO FOR YOU!



Free Diet Management & B12 Shots • Comfortable & Quick Recovery • Lipotecture for Neck & Legs • Mini-Liposuction for Chin, Arms, Abs, Inner Thighs, Knees, Saddle Bags & Lovehandles • Mega-Liposuction for Abdomen, Lovehandles, Thighs & Buttocks • Local Anesthesia or I.V. Sedation or General

202.452.1332 24th & I St., NW (Foggy Bottom Metro)
703.533.1025 Tyson's Corner
703.465.0666 Alexandria

301.738.6766 Bethesda
410.730.7226 Columbia/Baltimore
Gift Certificates

DC • FAIRFAX • TYSONS CORNER • ALEXANDRIA • COLUMBIA • BALTIMORE



Studying the Antidepressant Effects of Sleep Deprivation

Sleep deprivation has rapid & brief antidepressant effects in some depressed people. NIMH is exploring how a drug that mimics the effects of sleep deprivation in the brain may also bring about a rapid antidepressant response in people who are depressed. Understanding how this works may help us understand depression and design better antidepressants. Study includes multiple overnight stays & free sleep evaluations to rule out sleep disorders. NIMH is seeking people ages 18-65 with depression who:

- Are free of other serious medical conditions
- Do not have any sleep disorders

Monetary compensation for procedures
Transportation reimbursement is available

Atendemos pacientes de habla hispana.

04-M-0091



The National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services

Call: 1-877-MIND-NIH
(1-877-646-3644)

(TTY: 1-866-411-1010)

http://patientinfo.nimh.nih.gov
or for other studies: www.clinicaltrials.gov



readexpress.com

X571 3x1.5

MLB STANDINGS

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Boston	24	16	.600	—	14-5	10-11
Tampa Bay	21	16	.568	1.5	13-7	8-9
Baltimore	19	19	.500	4	10-6	9-13
N.Y. Yankees	19	19	.500	4	9-9	10-10
Toronto	17	21	.447	6	10-9	7-12
CENTRAL	W	L	PCT.	GB	HOME	ROAD
Minnesota	19	17	.528	—	13-7	6-10
Chicago	18	18	.500	1	9-7	9-11
Cleveland	18	18	.500	1	10-11	8-7
Kansas City	16	21	.432	3.5	7-12	9-9
Detroit	16	22	.421	4	8-12	8-10
WEST	W	L	PCT.	GB	HOME	ROAD
Oakland	23	16	.590	—	12-9	11-5
L.A. Angels	22	17	.564	1	10-8	12-9
Texas	18	21	.462	5	8-9	10-12
Seattle	15	24	.385	8	9-12	6-12

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Florida	23	14	.622	—	12-9	11-5
N.Y. Mets	19	16	.543	3	11-6	8-10
Philadelphia	21	18	.538	3	10-8	11-10
Atlanta	18	17	.514	4	14-4	4-13
Washington	15	23	.395	8.5	10-11	5-12
CENTRAL	W	L	PCT.	GB	HOME	ROAD
Chicago	22	15	.595	—	14-6	8-9
St. Louis	23	16	.590	—	14-7	9-9
Houston	21	17	.553	1.5	11-6	10-11
Milwaukee	18	19	.486	4	9-7	9-12
Pittsburgh	17	19	.472	4.5	11-7	6-12
Cincinnati	15	23	.395	7.5	8-9	7-14
WEST	W	L	PCT.	GB	HOME	ROAD
Arizona	23	15	.605	—	14-7	9-8
L.A. Dodgers	19	18	.514	3.5	11-9	8-9
San Fran.	16	22	.421	7	10-9	6-12
Colorado	15	23	.395	8	7-10	8-13
San Diego	14	24	.368	9	8-10	6-14

Waking up unrefreshed day after day?



All photos are for illustrative purposes only.

For more information or to find out if you are eligible for the study, please contact:

The Center for Sleep & Wake Disorders
301-654-5665
research@sleepdoc.com

Sleep is vital for us to function effectively. Yet there are many people who, day after day, wake up feeling unrefreshed or unrestored. This non-restorative sleep condition, or NRS, leaves you tired – impairing your thinking and your ability to perform at your best.

- Are you male or female aged 18-64?
- Have you been waking up unrefreshed and unrestored at least three times a week for the past three months despite getting to sleep and staying asleep normally?
- Do you feel your lack of restorative sleep impairs your daily performance and activities?

If you answered 'yes' to the above questions, you may be eligible to participate in a ten-week research study of an investigational medicine for non-restorative sleep. If you qualify, you will receive study-related evaluations and investigational medicine at no cost, plus compensation for time and travel.

Volunteers Needed

Compensation paid to healthy female and male volunteers for donations of bone marrow for research efforts in such areas as cancer and other serious illnesses.

- Ages 18 to 45
- In good health
- Not engaged in high risk behaviors

Confidential interview and screening provided at our convenient Gaithersburg, MD office.

Donations occur at our Bethesda, MD office by board certified physicians.

Both locations are accessible by MetroRail and Metro Ride-On.

FINANCIAL COMPENSATION PROVIDED

For more information, or to schedule an appointment:
TOLL FREE: (888) 926-9211
EMAIL: donorinfo@lonza.com

Lonza

AD BONE MARROW 03/07

ADVERTISE Express Health Every Tuesday

Call Celeste Costanza
202-334-7009

costanzac@washpost.com
(Deadline every Wed., 4 PM)



X571 1x1.5

If diabetic nerve pain is hurting you here



Get in here and join our research study.

You may be able to be in a clinical research study if you have diabetes causing pain in your arms, hands, legs, or your feet. The purpose of this study is to figure out the best amount of study medicine for doctors to use in helping diabetes-related pain, also called diabetes-related neuropathic pain.

You may be able to be in this study if you:

- Are at least 18 years old
- Have been diagnosed with Type 1 or Type 2 diabetes
- Have had diabetes-related pain in the arms, legs, hands, or feet for the last 6 months

If you take part in the study, you can expect 10 visits to the clinic. Your time in the study will last about 5 months. There is no cost to you for all study-related office visits, medical exams, and study medicine.

Call today about this Diabetes-Related Pain Study:

Capital Clinical Research Associates
301-770-7375

Or visit us at www.DPNstudy.com

PAIN AFTER SHINGLES IS SERIOUS PAIN.

Join our clinical research study and help us find serious treatments.

You may be able to be in a clinical research study if you suffer from the pain experienced after having shingles, also known as post-herpetic neuralgia (PHN). The purpose of this study is to see if an investigational pain drug works safely to reduce PHN pain.

You may be able to be in this study if you:

- Are at least 18 years old
- Have had a diagnosis of PHN and associated pain for at least 3 months
- Are able to stop taking other treatments for PHN while in the study

The staff at the clinic will go over other requirements with you. If you choose to take part in the study, you can expect 10 study visits. Your time in the study will last about 5 months. There is no cost to you for all study-related office visits, medical exams, and study medicine.

Call today about this PHN Study:
Capital Clinical Research Associates
301-770-7375

**hate
YOUR
Digs?**

**Good
so do we!**

Express will send you an alert the moment your dream place is available. So log on and move out.

readexpress.com/classifieds

ALERT your new apartment is here!

07 583 10x3



FREE ENDOSCOPIES

You may be eligible to participate
if you have a history of
acid reflux and **heartburn**.

Seeking Male and Female
Volunteers ages 18-75
for a Clinical Trial.

If you qualify you will receive free
study-related medical exams
and laboratory testing.

To find out if you qualify,
call 1-703-698-9254 x20
Metropolitan Research



Find a world of local deals
and values when you
experience Shopping on
washingtonpost.com.

Looking for that latest gadget?
Hunting for a great deal?

We've done the homework
so your time will be well spent.

Deals or details. Old or new.

Shopping on washingtonpost.com
Net a great deal every day!

Explore globally.
SHOP LOCALLY.

washingtonpost.com
www.washingtonpost.com/shopping

W5352x8

**"How'd you like
to earn me and
4,999 of my
closest friends?"**



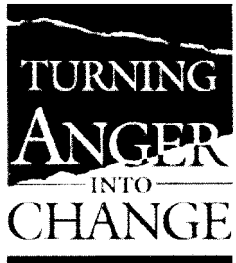
There are lots of ways to earn PostPoints, and save time too. Just sign up for Easy Pay and have your Post home delivery newspaper subscription paid automatically on your credit card and you'll earn 5,000 PostPoints. Check it out! Go to washingtonpost.com/postpoints to find out about PostPoints.

PostPoints

The Washington Post
If you don't get it, you don't get it.

S135 3x12

Be there for someone in their time of need..



Volunteer to be a Counselor for the
DC Rape Crisis Center's Hotline
and Hospital Advocacy program.
Training starts May 20, 2008

For more information contact:
202-232-0789
or volunteer@dcrcc.org

Stop working.
Read Express.

Sudoku

Crunching these numbers
is much more fun.

readexpress.com

X571a 2x10.5

**Don't be
trashy.**

Littering is such a waste.

And it makes you seem trashy.

Help keep Metro clean.

**Recycle your
newspaper.**

A friendly reminder from Express.



express

XX136(4) 3x12

Classifieds

express marketplace

JOBS • RENTALS • HOUSES • WHEELS • STUFF • AND MUCH MORE...

Reach over 280,000 readers daily

To place a classified, call
202-334-6200

To advertise a job, call
202-334-4100

Credit cards accepted



JOBS

Activism

Be the Change You Wish to See

Yes, we can win health care for every American, stop outsourcing, and get our economy back on track. We can strengthen our communities, but we must act NOW. Working America, AFL-CIO, seeks concerned citizens to educate and empower working families. Call today, start tomorrow. Leadership opportunities available. \$400-\$550/week, M-F 1:30-10pm. EOE. Located in Fairfax, VA. Call Matt at 703-323-1370.

Activism

Stop Global Warming. Clean Water action is hiring for its team of activists. Help change the political landscape and gain valuable experience. \$1600-\$2800/month. Call today! 202-895-0420 x.113

ACTIVISM

SUMMER JOBS WITH Environment America \$9-14/hr

Fight Global Warming!
Work with Great People
Make a Difference

Work with Environment America on a campaign for clean energy and a green economy.

Career Opportunities and benefits available.

Capitol Hill, DC
Call Sandy at 202-546-3965
www.jobsfortheenvironment.org

Admin

Sr. Administrative Asst - Ft Belvoir, Va
TS clearance and 5 yrs of admin asst experience required. Strong Excel/ Word skills, database knowledge, etc. Competitive Salary & benefits. Resume kenmar@kenmargroup.com

Airlines

Be Part of Something Exciting...
Now Hiring
600 RAMP AGENTS
Washington Dulles

Please join us for a
Hiring Session
May 12, 13, 14 & 15

Sessions start promptly at 10am, 2pm or 5pm
May 16 & 17
Sessions start promptly at 10am or 2pm

Holiday Inn Select
4335 Chantilly Shopping Ctr
Chantilly, VA 20151

- Must be able to lift up to 75 lbs
- Must have a valid driver's license
- Must pass FBI fingerprinting, background check and drug testing

* Great Flight Benefits: Worldwide Travel *

Visit our website:
www.airwis.com

United Express
EOE M/F/D/V



JOBS

AUTOMOTIVE

AFTERMARKET PRODUCT SPECIALIST/CUSTOMER SERVICEREPRESENTATIVE

Wanted at the new Ourisman Chrysler Jeep Dodge of Alexandria. Great benefits, great pay, great company! Call Chuck Miller @ 703-329-1600 Tuesday-Saturday



AUTOMOTIVE ACCOUNTING MANAGER

Radley Acura in Falls Church has an opening for an Automotive Accounting Manager. Applicant will find a positive work environment, excellent support, and a great compensation and benefits package. Please fax a list of qualifications to Mark Smith at 703-824-5736.

Automotive

Are You Truly Appreciated for What You Do?

#1 Automotive Repair Business Seeks career minded **Service Writers, Service Techs & Inspectors** for Alexandria, Herndon & Reston, VA. Competitive salary, benefits, great work environment. Call Oscar @ 703-517-4969

BEAUTICIANS Braiders & Nail Technicians.
301-806-2491

Beauty Hairstylist - Come work at Trudy's Beauty Salon. A fun and exciting place to work. in Temple Hills MD is looking for Nail Techs, Stylist and Barbers Call 240-491-8700 for an interview.

BEAUTY/Natural Stylist - for Sil. Spg. natural hair salon. Call Dee, 301-747-9090.

Couriers

Exp. Courier w/own car/van/pick-up/bike. Great pay. Apply: 22930 Quicksilver Dr, Unit 125, Sterling, VA 20166 Jason 301-440-1000.

Data Entry/ Financial

Cash in on your data entry skills. Freelance work full time or part time. Earn \$40-\$60/hr. (Monthly recurring income). Providing financial data entry and bookkeeping services. Experience is a plus but not required. Complete training is available.

FREE 2-HOUR SEMINAR
SATURDAY May 17th
10am-12 noon

COURT YARD BY MARRIOTT
TYSON'S CORNER
1960 CHAINBRIDGE ROAD
McCLEAN VA 22102
To Register or for info visit:
www.dataentrycareers.com
or Call 800.899.1980

UAC

DRIVER-Earn \$600-\$800/wk FT, \$9-14/hr PT. Driving for Take Out Taxi, the area's largest restaurant delivery svc. Own vehicle req. & be 21 yrs of age. Please Apply: 10516 Summit Ave Kensington MD 20895 or call after 2pm: 301-571-0111.

JOBS

CHILDCARE



JOB FAIRS FOR NEW CENTER OPENING ONSITE AT DISCOVERY COMMUNICATIONS IN SILVER SPRING, MARYLAND, SUMMER, 2008

- Seeking Assistant Director, Program Coordinator, Infant, Toddler, Twos, Preschool Teachers. Prefer AA/BA in ECE, or CDA with experience teaching in child care center.
- Excellent benefits:

Tuesday, May 13, 2008
4:00 p.m. - 7:00 p.m.
Thursday, May 15, 2008
4:00 p.m. - 7:00 p.m.
Saturday, May 31, 2008
9:00 a.m. - 12 Noon

LOCATION OF JOB FAIRS:

Discovery Kids Place
One Discovery Place
Silver Spring, MD 20910
(Red Line to the Silver Spring Metro Stop. Exit Metro to the right and pass the bus station. Discovery is one block north on Colesville Road). Picture ID required to enter building.

JOIN THE BRIGHT HORIZONS TEAM, HONORED NINE TIMES AS ONE OF FORTUNE MAGAZINE'S "100 BEST COMPANIES TO WORK FOR"

Apply on-line at
brighthorizons.com/careers
More information,
ptenley@brighthorizons.com

Bright Horizons is an Affirmative Action Employer, Committed to diversity in our workplace.

Customer Service Representative

We are seeking dynamic Customer Service oriented individuals with great communication and typing skills needed to work on behalf of our company. This service representative will earn up to \$3,000 monthly, any job experience needed. Email at: employment_interface@yahoo.com if interested.

Customer Service/Sales

For large company. Great pay plan, benefits, training. \$40k+ & \$2k signing bonus. Call: 301-299-7612

DANCERS—Wanted for Gentleman's Club (PG County). \$300-\$500/night. No exp. needed. Leave info: 240-286-3660 or 301-568-8500

DENTAL ASSISTANT

PT for Rockville & Upper Marlboro offices, bilingual English Spanish a plus. Fax resume to: 301-770-2877

Development Coord.

for respected marijuana policy lobby.
\$35K mpp.org/jobs

Driver Part time local
night/eve, Class A, flex sched 2yrs exper.
Call 703-393-6700

JOBS

Driver/Courier — A busy courier co in Beltsville is looking for 2 experienced drivers with their own vehicle & good map reading skills. This is a contract work opportunity (**Commission based plus fuel surcharges**) based on the number of deliveries and hours you are available daily, Monday thru Friday. Benefits offered by 3rd party company. For more information, call Alex 301-595-4316.

Drivers

Publishers Circulation Fulfillment Inc.

is seeking
Independent Contractors
to deliver newspapers and other publications
Early mornings 3:30 am-6:00 am- \$160- \$300/wk
Washington DC, Silver Spring, PG County &
surrounding areas.
Reliable car required
Call Now 1-800-515-8000

Editor

Managing Editor

Leading early childhood education publisher seeks Managing Editor to oversee all aspects of book production and the coordination of efforts between authors and editors. Responsibilities include editing and proofing manuscripts. Minimum 2 years editorial experience req'd. Excellent benefits, including health care and 401k. Salary commensurate with experience. Apply by email to kathy@ghbooks.com.

Fitness

Strength Coach/Group Personal Trainer needed for TNT Fitness. 48-72k plus per yr. 30 hrs per wk. 3 day wknds. BS in Fitness related field req'd. Fax resume 703-483-3552

GRANITE FABRICATOR/INSTALLER

Exper'd. Health benefits.
301-627-7630

Hotel

WASHINGTON SUITES GEORGETOWN

Our small but busy Georgetown hotel is seeking flex. and dependable indiv. to fill the following FT positions:

Room Attendant Bellperson/Valet Parker

We offer a competitive starting salary & great benefits for FT emps. For consideration, please call Meghan at 202.333.8060. EOE.

Housekeeping:

Facilities management co. seeking evening shift lead worker coordinating housekeeping & maintenance activities at a private school in NW DC. Valid driver's license req'd. Ability to speak Spanish. Core hours 12:30pm-9:30pm M-F. Contact 202-243-1800 ext. 624 for more info.

JOBS

Hotel



Are you looking to create memories and be part of an exceptional guest experience? Then come join the outstanding team of hospitality professionals at the Holiday Inn Georgetown. Holiday Inn Georgetown is currently looking to fill the following positions:

PBX Operator FT:

- Must be able to handle large amount of incoming calls.
- The ability to effectively deal with internal and external customers
- Detail oriented and dependable.
- Excellent communication skills a must
- Previous hotel experience a plus.
- **Flexible schedule required**

Front Desk Agent:

- Minimum of six months cash handling experience required.
- Detail oriented and dependable.
- Hotel Front Office experience and knowledge of Opera system a plus.
- Excellent communication skills a must.
- **Flexible schedule required.**

Front Office Supervisor:

- Ability to stand for a long period of time.
- Ability to work in a fast paced environment.
- Ability to maintain control and composure in difficult situations and exhibit good judgment.
- Good communication and interpersonal skills.
- Previous Supervisory Front Desk experience.

Holiday Inn Georgetown provides a work environment that demands exceptional performance yet reaps great rewards. If you are looking for a career in Hospitality, a supportive work environment and are ready for this challenge, then we are ready for you! We offer excellent pay and benefits.

Apply Mon. - Fri. 8:30am - 5pm, or fax your resume (please put job of interest on resume) to Human Resources at 202-338-0909.

No calls please.

The Holiday Inn Georgetown managed by
Donohoe Hospitality Services
2101 Wisconsin Ave NW
Washington, DC 20007
EOE

MAINTENANCE ENGINEER - Experienced. Needed in SE garden style apts. Good pay w/full benefits. Please forward resumes to: 202-678-0113.

Maintenance. Apt. complex. Gaith., Maj. plumb or HVAC. PT/ live near by or on-site. 301-948-0087

MEDICAL FRONT DESK: Busy Chevy Chase ob/gyn office looking for dependable, mature, multi-tasked front desk person. Medical & back office exper. req'd. CBSI a plus. Hours: 7-3:30 M-F. Great benefit package. **Please call 301-986-6929.**

Movie Extra's

earn up to \$150 per day. People needed to work in tv and film production. Experience not required. Under 18 parents required.
Call 888-697-6577

OPTICIAN

Experience required, license preferred. Stafford.
Fax resumes to: 540-720-9047

Classifieds

JOBS



MUSEUM

Director of Visitor Services, AD-301-15

Salary: \$115,317 to \$149,000

Exciting career opportunity on Capitol Hill. Join the team of professionals dedicated to providing support and services to visitors to the United States Capitol.

The Architect of the Capitol (AOC) in conjunction with the U.S. Capitol Guide Service is recruiting for a Director of Visitor Services for the U.S. Capitol Visitor Center (CVC). The incumbent is responsible for the overall operation of Visitor Services in the CVC and the implementation of policies and formulation of programs that will fulfill the CVC's mission of security, visitor comfort, and education. Other responsibilities include planning and implementing all Visitor Services operations, such as: advance reservations, visitor assistance and information, orientation theater operations, Capitol tours, special services for visitors with disabilities, interpretation within the Exhibition Hall, and directing visitors in the event of an emergency or evacuation.

Qualified candidates must have experience in managing operations involving a high volume of visitors in a museum, visitor center, major entertainment attraction, or comparable facility.

Position is being filled through an ON-LINE application system. To apply, please GO TO: <http://www.avuedigitalServices.com/aoc/applicant.html>

Applications submitted by any form of mail delivery will not be accepted. If you are unable to apply on-line, you may call the Employment & Classification Branch at 202-226-7000 for assistance. Vacancy announcement CVC 2008-172 closes on June 5, 2008.

Property Management - General Manager

The Rotonda, an 1168 unit, 34-acre high-rise condo community in Tysons Corner, VA, seeks experienced GM. College degree and/or CPM, PCAM, RPA required. Prior experience with community associations and Board of Directors a must. Demonstrated ability to prepare and manage a multi-million \$ budget; ability to negotiate and monitor contracts. Strong communication skills necessary for working with large/diverse staff and international community. Excellent salary and benefits.

Visit www.rotonda.org. Email resume to: Lmcmartin@rotonda.org

Restaurant

Manager Bartenders Security Stockperson

Alt lifestyle, Cap Hill nightclub hiring all positions. Great work environment. Benefits. Resumes to: mvp2404@yahoo.com

Restaurant

SPRING EVENTS SEASON IS HERE!

PART TIME & FULL TIME JOBS Bartenders, Servers, Greeters, Cashiers, Cooks No Exp. Necessary jobs@penguinstaff.com

Or Apply between 10am and 4pm at 1432 Duke Street Alexandria, VA 2 BLOCKS FROM KING STREET METRO

Restaurant

POTBELLY

Now Hiring Sandwich Makers, Shake Shakers, and Cashiers!!

Job Fairs Tuesday-Thursday 3pm-5pm 726 7th St. (Gallery Place metro)

www.potbelly.com

Restaurant Wait/Bar Staff

Exp. Req'd Capital Hill bar cell: 301-919-8999

RN - Part-time

DC lic. Work with disabled in group home settings, NE/SE DC. \$30/hr. Great for retired person. Call Ms. Lacy, 301-203-1942 or 202-575-3840.

SALES—MGR- TEMPLE HILLS

Telemarket or door-to-door. 301-423-9348. Car a must. \$40-70,000 /YR

SECURITY: Immed openings for DC LICENSED SPO's ONLY Please call Revel Security at 240-821-1260.

SECURITY

Armed SPOs for various prestigious DC locations. Must possess current armed commission, 3 yrs exp, excellent professional work history. Competitive pay. Call Mon-Fri, 9am-4pm 202-293-8011 or fax resume to: 202-293-1095.

SECURITY

MD ARMED Guards and DC Armed SPO's. CALL 301-856-3656.

Security

OPEN HOUSE!! ON-SITE INTERVIEWS!!

MAY 22, 2008 - FROM 10AM TO 4PM

Virginia Employment Commission; 5520 Cherokee Avenue, Ste. 100; Alexandria, VA 22312

MAY 29, 2008 - FROM 10AM TO 4PM Holiday Inn Eisenhower; 2460 Eisenhower Avenue; Alexandria, VA 22314

Unarmed Security Officers - FT, PT and summer temporary positions in the Alexandria, VA area. Must be able to work evenings, nights and weekends and 18 years of age. Starting pay is \$11.00 an hour.

Dulles Office: 703-834-8900 Phone/m washington@securityprograms.com Greenbelt Office: 301-762-7799 Phone www.securityprograms.com EOE /A#11-2050

Security -

Unarmed Security

For premier DC locs. Must possess current S/O license with min 2 yrs exp, good public relations, professional and pro-active. Computer knowledge a plus. Salary commensurate with exp. Call M-F 10am-3pm 202 293-8011 or fax resume, Attn: HRDept 202 293-1095. DCLic#0444.

SERVICE TECH - Balt/Wash. Will train to refinish bathtubs. Exc work ethic & reliable vehicle req'd. Fax resume to 301-490-6063 & call 866-604-9501.

Social Workers needed full time/part-time to work with small non-profit organization providing group and individual counseling sessions for at-risk girls 14-21. This is an exceptional opportunity for internship. Email resume to ylo1@msn.com

Summer Camp Director needed full time/part-time working w/ small non-profit organization summer retreat program, must be able to live on camp site 4 days/4 nights for 6 weeks Monday-Friday off on weekends. Program start date July 7-Aug 15, 2008 Email resume to ylo1@msn.com

TELEMARKETING

\$75,000 Full Time \$42,000 Part Time Start earning the money you deserve!

Work enthusiastically for our

Award Winning Marketing Co

We are located in Laurel@ 312 Marshall Avenue *Call us today*

Novo1 301-361-1111

Drug free workplace

Travel Agents Imm Req Min 2yrs exp. Bilingual Chinese/Philippino/Korean for DC/MD/VA locations. High Salary + incentive + transport. Fax resume: 8888001202 or jobs@vwt-usa.com

VET TECH

PT/FT for evening and weekend shifts for busy emergency clinic in southern Md. Veterinary experience a must. Fax 301-855-9106 www.vetmash.com

CAREER TRAINING

A Bar Career

in 1-2 Weeks

- Days, Evenings & Weekend Classes
- Free Lifetime Job Placement Assistance
- Approval by the State of MD
- National Alcohol Awareness Certificate (T.I.P.S.)

Call for nearest location 1-866-411-2MIX www.authenticbartendingmd.com

Financial Aid if qualified

Job Placement Help

Day, Eve, Weekend

1(877)707-4488

CTO SCHEV

MIHT

excellence experience individuality commitment learning character choices

Become a DENTAL ASSISTANT in 10 Weeks

• Evening Classes

• Job Placement Assistance

• Financial Assistance Program

CTO SCHEV

1-866-611-MIHT

www.MetroSchool.net

Become a Medical Billing and Coding Professional

CTI Career Technical Institute
888.639.5627

L.P.N. C.N.A.

MLC (703) 527-0055

1840 Wilson Blvd., Arl., Va
Certified SCHEV • Approved VBON

Become a Certified Computer Technician

CTI Career Technical Institute
888.639.6244

APRENDA INGLES since 1939

Se Habla Español

1(877) 844-2505

CAD

Train for a career in computer-aided design at **Westwood College**. Call 800-342-2249 today to receive your free Career Success Kit! www.westwood.edu/locations

MIHT

excellence experience individuality commitment learning character choices

Become a DENTAL ASSISTANT in 10 Weeks

• Evening Classes

• Job Placement Assistance

• Financial Assistance Program

CTO SCHEV

1-866-611-MIHT

www.MetroSchool.net

Learn **PHLEBOTOMY**
12 Weeks: **Eves or Sat or Sun**
SANZ College 1(888)461-8181

MASSAGE THERAPIST

Work in Spas

You can train in 8 months

Day and Evening Classes

Financial Aid if qualified

Job Placement Assistance

877.240.4488

Americare

Convenient Wheaton Metro Campus

Train to be a **MEDICAL ASSISTANT NURSING ASSISTANT**
Americare
877.240.4488

CONSTRUCTION MANAGEMENT

Train for a career in Construction Management at

Westwood College

Call 877-789-7323 today to receive

free Career Success Kit!

www.westwood.edu/locations

CRIMINAL JUSTICE

Train for a career in Criminal Justice at **Westwood College**. Call 888-605-2244 today to receive your free Career Success Kit! www.westwood.edu/locations

MASSAGE THERAPY

Get Your New Career Started!

CALL TODAY!

(202) 282-0557

VMT Education Center

EVENING CLASSES STARTING SOON

Hands-On Training

*Tuition Assistance Available

4201 Connecticut Ave., NW Suite 300

Washington, DC 20008

Metro redline Stop Van Ness/UDC

NEEDED:

People to train as

CARDIOVASCULAR

TECHNICIANS!

Get training in this exciting career field and you could help save lives!

CALL NOW

888-805-2333

Sanford-Brown Institute

8401 Corporate Dr. Ste 500

Landover, MD 20785

PARAMEDIC TRAINING

Westlink offers CPR, Basic EMT & Paramedic training. Classes meet weekly. Upon completion you will take the certification exam. (Close to Metro Center.

For details call: (202) 552-7385

or email: Thewestlinkci@hotmail.com

JOB FAIR

Onsite Interviews and Job Offers made on the spot!

Immediate Openings for:

- District Managers • Store Managers
- Managers-in-Training • FT/PT Sales Associates
- Photo Lab/Imaging Associates



Our Exceptional Benefits Include:

- Health & Dental Coverage
- Paid Vacation
- Paid Sick Leave
- Associate Discounts
- Scholarship Program
- 401K Retirement Program
- Sales Contests & Incentives

9am to 6pm
Tuesday May 13, Wednesday May 14 & Thursday May 15
Ritz Camera Corporate Office
12200 Baltimore Ave, Beltsville MD 20705
For info call 301-479-3000

Now hiring for all positions throughout the Baltimore, Washington DC & Northern VA area!

Property Management



Stationary Engineer
Alexandria, VA

Live-off and live-on positions available for licensed low-pressure steam engineer with two years experience in multi-family housing maintenance (i.e., general repairs, electricity, plumbing, etc.). Reliable and energetic person required for rental community in Alexandria, VA. References and background check and 2nd class MD stationary engineer license or equivalent required. Great salary plus benefits (including 401K), and bonus. Please send resumes:

Grady Management Inc.
The Montgomery Center, Suite 625
Silver Spring, MD 20910
Fax: 301-587-0059
Email: Annas@GradyMgt.com
EOE M/F/D www.GradyMgt.com

Classifieds

CAREER TRAINING

Prepare for a new life!

Make a difference, even with the little ones as an Diagnostic Medical Sonographer. Train in less time than you think! Career services available Financial Aid for those who qualify. Training includes an externship!

For a Brochure, call now! 888-805-2333
Sanford-Brown Institute
 8401 Corp Dr. #500 Landover, MD

TRAIN FOR A CAREER IN CRIMINAL JUSTICE AT EVEREST COLLEGE

No high school diploma or GED? We have options!

Tysons Corner Campus
 1430 Spring Hill Road, Suite 200
 McLean, VA 22102

Arlington Campus
 801 N Quincy Street, Suite 500
 Arlington, VA 22203

CALL: 888-249-8093
 VA Schools are CTO SCHEV

TRAIN TO BECOME A MEDICAL ASSISTANT IN LESS TIME THAN YOU THINK

Three locations to choose from!

Everest College Arlington Campus
 801 N Quincy Street, Suite 500
 Arlington, VA 22203

Everest College Tysons Corner Campus
 1430 Spring Hill Road, Suite 200
 McLean, VA 22102

Everest Institute Silver Spring Campus
 8757 Georgia Avenue
 Silver Spring, MD 20910

CALL: 888-259-5889
 VA Schools are CTO SCHEV

JOBS

Westwood College

Train for a new and exciting career at Westwood College Call 877-852-9712 today to receive your free Career Success Kit!
www.westwood.edu/locations

Drivers & Helpers wanted
 Nat'l moving Co now hiring. Lifting/loading nec. Clean DMV & background check req'd. Up to \$15/hr. Call 703-256-6403 - 240-318-0590

BUSINESS AND FINANCIAL OPPORTUNITIES

INVESTORS Wanted—Must have 620 + credit score. Ronald, 202-423-7391

STUFF

6PC- Cherry Bedroom Set- New in crates \$450 Can del 301-399-7870

BD \$125 full sz set new in plastic. Can del. 240-372-6691/571-926-1990

BD \$235 pllw top king matt set Brand new in plastic. Can del 301-343-8630

BLOWOUT SALE!

Carpet \$1.59 sq ft. Hardwood floor \$5.98 sq ft. Price includes installation. 301-341-2499.

Couch/Lvst \$450 mcrfiber. New never used 301-399-7870/571-926-1990

MATT \$140 Qn Double pllwtop set new in plastic. Can del 301-343-8630

The Last Mattress Ad That You'll Ever Read lrg selection, all szs in plastic, \$79-\$279/Basic, Serta & Simmons. Box spring included. Warr. DC/MD/VA Same Day Delivery avl. A.J. 301-674-2843 / 301-779-4BED
www.mattressforlessstore.com

SALES & AUCTIONS

Granite Grannies - Granite Countertop Sale *\$28 per sq ft*****
 Sat. & Sun., May 23rd & 24th 301-627-7630

PETS

ADOPT FELINE ADOPTION FAIR
 Sunday May 18, 1-3 p.m.
VCA BARCROFT CAT HOSPITAL
 6357 Columbia Pk, Falls Church, VA
 Information 703-920-8665 x3
 Feline Foundation www.ffgw.org

JOBS

ADOPT A CAT/KITTEN VET CHECKED
 Call Feline Foundation. www.ffgw.org
 703-920-8665

DACHSHUND PUPS— ACA reg. 11 wks old, 2 Fs, 2Ms, Red, smooth. Home raised. Parents on premises. \$500. Call 301-352-0219 #JTTP

ROTTWEILER RESCUE @ PETCO, MAY 17, 2-5PM, 1507 Rockville Pike. Dir: 301-984-9733.

YORKIE PUPS - TOTAL SALE!!

M/F Parents AKC, Shots & de-wormed. Teacups/stds. \$700+ . 703-346-4064 # JSZ9

YORKIE PUPS - TOTAL SALE!!

M/F Parents AKC, Shots & de-wormed. Teacups/standards. \$700+ . 703-346-4064

RENTALS

ALEX. - 1BR/BA unit avail now (1702 West Abingdon Dr #201). Kit, W/D, A/C, pool/spa, tennis ct, nr.Old Town.\$1250 858-414-2902 or email rmcljc@aol.com

Alexandria—\$1,950.00, 1br/1bth 1 year old condo across st from metro.Gym, internet 202-528-8601

ANACOSTIA - \$1400. 2605 Bowen Rd SE, unfurn, 900 sf, 2Br, 1BA, water garbage, 12 mo, newly renov. new crpt, ac. Sec 8 welc. Call 202-321-5596

Anacostia—2305 Mt. View Pl-3BR \$1450 + util. Remld,WWC, Nr Metro, All vouc welc! 866-580-1030

Newly Renovated Apartments*
18 & 1/2 months free
\$35 application fee
applied to 1st months. rent*
1, 2, BEDROOMS FR \$745

- Large Gourmet Kitchens
- Wall to Wall Carpet
- Parking included
- Metrobus at your front door
- Minutes from the New National Harbor & Stadium

1-877-644-5313

Hours: Mon-Fri 9-6PM; Sat 10-5PM; Sun 12-PM
 We are a pet friendly community
 * On Selected Units

ARLINGTON N. LYON VILLAGE APTS
Renov. 1 & 2 BR from \$1500
 Walk to shopping, Metro, Cats only.
CALL TODAY! 703-465-9700

ARLINGTON SOUTH \$2995/mo — Brand new! 2BR 2BA. condo -- Granite Counters, Crown Molding, Stainless Steel Appliances, Hardwood Floors and your very own balcony. Luxury living less than a mile to Shirlington & shopping, restaurants and entertainment. Close to Metro.
Call 703-653-3363

ARI N-EFFC & 2BRs \$785-\$1280 + elec. Walk to Metro 703-528-8736.

ASHBURN/LEESBURG/RESTON - NORTHERN VA.
 FURNISHED CORPORATE RENTALS —
 Call 800-630-4677

JOBS

ARLINGTON NORTH

EHO

POTOMAC TOWERS

2001 N. Adams Street
703-485-4903

Efficiency from \$1145*
1 Bedroom from \$1375*
2 Bedroom from \$1705*
 *call for availability

- **NO SECURITY DEPOSIT**
- 3 blocks to Courthouse Metro; Metro bus 1 block
- Convenient to Key Bridge, easy access to Rte. 66 & GW Pkwy
- Fitness Center/Pool/Free-on site parking
- 24-hr front desk, valet, convenience store on site
- Hi-speed internet available

From Key Bridge, right on Lee Hwy. R. on N. Adams to 2001

BLADENSBURG/Nr Metro • Mins from BW Pkwy.

ONE MONTH'S RENT FREE

ON 1-BR APTS ONLY

1 BRS START AT \$885

ALL UTILITIES INCLUDED

The Phoenix

- Spacious studios, 1 & 2BRs
- Wall-wall carpet
- Eat-in kit w/European style cabnits
- Patio/balcony
- 24-Hr. emergency maintenance
- Garage parking available

CALL TODAY! 866-807-0429

5802 Annapolis Road Bladensburg, Md. 20710
www.TheDonaldsonGroup.com

BOWIE rm for rent in shr TH, nr shop. cntr, \$650 w/ Utills, Cble + Wireless int incl.N/S, N/P 703-459-8272

Capitol Hill \$1595 & up
Lincoln Park Terrace 401 13th St.

N.E.brand new 5 stry full service luxury Condo with 1-2 bdrms,den, suites w/garage pking,granite tops, stainless steel appliances, W/D, hdwd flrs, prvt balconies, wifi, pet friendly, prvt views of Nation's capitol and monuments. **Call 202-543-2291**
www.lincolnparkterrace.com

CAPITAL HEIGHTS:
 Easy On Your Budget!
 2 BR Starting @ \$899
 Call for details: 301 773 6462

Congress Heights—12 units condo- starting at \$949/month Nr new stadium, Newly Ren, new kitchen, Granite, marble, WW Carpet, new carpet, DR, LR, WD, eat-in kitchen, parking, 703-864-1769, Sec. 8 OK

CAREER TRAINING

CAREER TRAINING



Become a skilled
Massage Therapist
7 in just
months!

As an NMTI student, you'll enjoy:

- A school dedicated to massage therapy
- Financial aid and job placement professionals on campus
- A choice of day, evening and weekend classes
- Job placement assistance



Call (888) 872-1417 to learn more today!

Campus conveniently located in Falls Church, VA.

Accredited by COMTA. Licensed by SCHEV to operate in the state of Virginia.

GET THE SKILLS EMPLOYERS WANT IN AS LITTLE AS 6 MONTHS!



Medical Office Assistant

- Medical Coder
- Medical Biller
- Medical Receptionist
- Medical Claims Adjuster
- Medical Insurance Processor



Office Administration

- Administrative Assistant
- Receptionist
- Customer Service
- Accounting Assistant
- Accounts Payable & Receivable

* Financial Aid Available If Qualified * Placement Assistance Available



Career Technical Institute
 Formerly Career Blazers Learning Center

888-639-8766

2131 K St. NW

Btw. 21st&22nd St.

Bilingual Sales Professionals Needed

Outside & Classified

"Both position provide high earnings potential and excellent benefits"

- Needs to be organized
- Self motivated
- Energetic
- Team - oriented
- Excellent people skills



Please submit resumé to:
2200 Wilson Blvd. #201
Arlington, VA 22201
Att: Business Office
Fax: 703.527.0369
Email: kris@eltiempolatino.com
***No phone calls, please.**

El Tiempo Latino

RENTALS

Camp Springs EHO
The Courts of Camp Springs
 6201 Maxwell Drive, Camp Springs, MD 20746

888-731-6453

Newly Renov. Community & Huge Floor Plans

OPEN HOUSE DAILY
 9 a.m. - 6 p.m.
SATURDAY
 10 a.m. - 3:30 p.m.

Enter a drawing to win
1 MONTH RENT FREE!!!!
2BR Flat Special \$899 - 2BR Duplexes \$985

5% Discount for Govt, County & Military Personnel
 Convenient to Metro
 Text 'WCS6' to #30364 for instant info & Photos

www.thecoursofcampsprings.com
 William C. Smith & Co.

CAP HTS - Foreclosures only \$397/mo!
 More 1-4 bedrooms available!
 For Listings 800-585-3617 xR680

CLINTON \$199,900 Foreclosure 4BR, 2BA SFH.
 Closing Help. Mr. Melbourne, Exit Premier Realty
 202-327-1367 301-560-6700 x1166

DISTRICT HTS 4BR, 1.5 BR. sep LR. DR. snrm. fpl.
 lge bk yd. bsmt. nr 3 shopping ctrs. 3 min from
 Metro. nr Bltwy. \$1900. Avl 6/1. 301-336-2426

EHO
5% DISCOUNT FOR
Military & Government Employees!
Metrobus at your front door

Spring into Savings
\$200 off 1st months
rent

1, 2BR's from \$885

\$35.00 Appl to 1st months rent

- Washer/dryer in unit
- Private Balcony or Patio
- Wall to wall carpet
- Dishwashers
- Parking Included
- PETS WELCOME

CALL TODAY:
1-866-652-4957

Hours: M-F 9-5PM Sat 10-3PM Sun 12-4PM

Fairfax
DISCOVER THE AMBERLEIGH...
 Where community charm meets city living!

FREE rent until June 1, 2008

8301 Anderson Dr.
 Fairfax, VA 22031
www.amberleighapartments.com
888-704-1387

1, 2 and 3 bedroom town homes

- Pet friendly Community
- Internet Cafe
- Fitness Center
- Sparkling Swimming Pool & Club House
- On-site Maintenance & Management
- Steps from Shopping & Dining
- Accessable to Public Transportation
- Close to major employers, INOVA Hospital, SAIC, Exxon Mobil

FAIRFAX

The Avant...
 Only a Door Step Away!

Apply Today & Receive \$1000 Off
1st months Rent!*

Designer Kitchens
 Multiple Floorplans
 Olympic Size Pools
 Pet-friendly! Cats & Large Dogs Welcome!
 High-speed Internet Ready
 Play Ground & Sundeck
 Microwave Ovens in Each Apartment
 Walking Distance to Wakefield Recreation
 Center, Pizzeria, Pharmacy, Dry Cleaner, On-site Metro Bus

866-575-6070

7931 Patriot Drive,
 Annandale VA, 22003
www.avantapartments.com
 *Must move in by May 15th

Forestville Parkland Village
2BR Special & pay 1/2 Security Deposit
W/D in each Apartment & CAC.
1-888-288-2159

FT WASH-Beaut. 3 lvl TH, 2BR, 2FB, Fully renov., Sect
 8 welcome. \$1575/m. Contact Ted 301-675-6753.

Gallery Place \$2099/mo 1BR/1BA Granite counters
 new appliances, on-site security. Located
 above Gallery Place Metro. **703-653-3373**

GAITHERSBURG/1/2 mile fr. Rte. 270 EHO

NEWLY RENOVATED
WASHER/DRYER IN EACH APT
ASK ABOUT SPECIALS

GROVE PARK

- Ride on Bus at community entrance
- Fitness center and clubhouse
- Swimming Pool
- MORE!

CALL TODAY 866-441-3309
www.phoenixaptsmd.com
 750 Clopper Rd.
 se habla espanol

GREENBELT EHO

The Hanover
Stop Looking! Start Living!
ALL UTILITIES INCLUCED

- Washer/Dryer! Balcony or Patio!
- Fitness Center & Olympic size pool!
- Pet Friendly! Great Specials!
- Close to Metro & Shopping!
- Minutes from 495 and 295
- Superior Service

Visit your New Home Today!

7232 Hanover Pkwy
 Greenbelt, MD 20770

or call (866)580-0965

HILLCREST Gorgeous \$2000

Extensive makeover in progress on this huge brick
 split foyer, 5 BR, 3 BA, sep DR, fam rm, deck, fin
 wlk-out bsmt, CAC, Section 8 welcome. Call Doug,
 301-938-8354

HYATTSVILLE Renovated. \$1800 Shows like new.
 4 BR, 2 BA, sep DR, deck, off st prkg, CAC, Fin wlk-
 out bsmt. Ready now! Section 8 welcome. Call
 Doug, 301-938-8354

Hyattsville EHO

Walking Distance To:
Green Line Metro & Shopping

Transportation at your door!
Elementary school across the street
Ask about Move in Specials!
HURRY CALL TODAY!! 301-853-2315

HYATTSVILLE—Rooms for rent in 6BR house.
 Ronald, 202-423-7391

Eckington's best new address is now leasing!

INDIGO
 A private gated apartment community

"LIFE IS GOOD IN ECKINGTON"

2 & 3 bedroom Luxury apartments
 from \$1,875

Ask about Our Spring Incentives

(888) 290-4087

www.liveindigo.com

1901 & 1903 Lincoln Rd., NE, Washington, DC 20002

LANHAM—\$150/wk & up. 202-330-7265
 ;240-481-0217;240-3014-4482

LANHAM/SEABROOK

MANAGER'S SPECIAL!
SPACIOUS 1,2 AND 3 -BEDROOMS

- Washer/dryer in each apartment
- Sep. formal din. rm/step-down liv. rm
- Generous cabinet, closet & storage space
- Plush wall-to-wall carpeting
- High-speed internet and cable available
- Sparkling swimming pool with sundeck
- Playground and picnic area
- Close to Greenway Shopping Ctr. & Beltway Plaza, easy access to B.W. Pkwy, I-95 & Bltwy.

COUNTRYSIDE

(888) 878-8371

www.countryside-apts.com

Call Today for Free IT Career Consultation!



"New Horizons helped me double my income and secure a position as a Tier One Customer Support Specialist AND a Security Clearance! All this year while I was 19 years old and still attending training."

-Chris-Lord H.- Support Specialist

Microsoft
 GOLD CERTIFIED
 Partner

New Horizons®
 Computer Learning Centers

LEARN THE SKILLS & PAY THE BILLS!

Cyber Defender, MCSE, MCSA, MCTS, CCNA, A+, Network+, Security+

New Horizons
Computer Learning Centers

World's Largest
Computer Training Company
2010 Corporate Ridge, Suite 200
McLean, Virginia 22102

Financial Aid
 VA & GI Bill
 Approved
 Job Placement Assistance
 SCHEV Certified
www.newhorizons.com
(703) 749-4022

Train for a Career in Healthcare

Open career doors with a
Diploma
 in as few as 7 months!



...or open doors wider with a
Degree
 in as few as 14 months!



Financial Aid If You Qualify
Career Placement Assistance
Day, Evening & Weekend Classes Available



1(888)407-8222

www.sanz.edu

Accredited by
ACCTE

Certified in VA by SCHEV

Programs and schedules may vary by campus



readexpress.com

X571 1x2



readexpress.com

X571 1x2



readexpress.com

X571 1x2

Classifieds

RENTALS

Capitol Heights

OPEN HOUSE

Saturday May 10, 10-4pm

LEXINGTON Court APARTMENTS

New bath, kitchens & appliances!
1 BR from \$805
2 BR from \$850

Call 1-866-724-2960

Minutes from Meade—\$1450.00, 3 br, 3 1/2ba, 3 Fls, Laurel Md, renovated, many extras, 301-870-5725

Minutes from Meade—\$1450.00, 3 br, 3 1/2ba, 3 Fls, Laurel Md, renovated, many extras, 301-870-5725

North Bethesda Living

Three unique finish levels | Granite countertops | Stainless steel appliances | Sunrooms in every home | Fully-equipped health club | Cyber café | Steps to White Flint Metro | **From Only \$1,550**

THE MONTEREY

APARTMENTS 888.709.3821
www.TheMontereyApartments.com

MONTGOMERY VILLAGE - 3BR 2.5BA TH. \$1450+util. 3 lvi fully rehab, fresh paint, new/fixtures/tile/crpt, w/D, DW, no bsmt, **Open House, 3-5pm.** Sec 8 Welcome. Call 301-257-5126

N.E. - Nr Metro. 1BR: \$875 & 2BR: \$980, incl utilts + gas. Call 202-388-0137

SE **Garden Village**



- 1 BRs from \$725*
- Upgraded units with stainless steel
- Walk to the New Super GIANT
- FREE Splash Park & FREE Metro Shuttle • FREE Off-Street Parking
- Boys & Girls Club at the THEARC
- Daily 8-6, Wed 8-7, Sat 9-4

1720 Trenton Pl., SE **1-866-286-2476**

William C. Smith & Co. **www.thearc.org**

www.wcsmith.com *Call for Details

Kent Village

Apartments & Townhomes

1 & 2 Bedroom Apartments
2 Bedroom Townhomes

kentvillage.com

1.877.819.3119

6707 Hawthorne Street
Landover, MD 20785

southernmanagement.com

NE Spring In To Savings At **JETU APARTMENTS**

869 21st St
1 BR \$725
2 BR from \$800
FREE UTILITIES!!
Bring in this ad to receive \$100 Gift Card

Must move in by 5/31/08

- Wall-to-Wall Carpet
- Resident Controlled Entry
- On-site Laundry & Playgrounds
- 24-hr. Emergency Maintenance
- Steps away from Cafe, Shopping & Metro

877-814-0692
William C. Smith & Co.
www.wcsmith.com

NE - Newly renov. 2BR. \$1,250/mo incl all utilts, w/d. Call 301-464-3654

Northwest **The Woodner Apartments**

3636 16th St. NW

\$500 off 1st Month's Rent!*

Studios from \$825!
ALL UTILITIES INCLUDED!

- Walk to Columbia Heights Metro Station
- Free Shuttle Service to Red Line Metro Station
- Spacious Apartments
- On-site Grocery & shops
- Close to Rock Creek Park

888-869-2126

*On Studio Apts. only. Must sign 12 month lease

NW **WALDEN COMMONS** 1336 Missouri Ave
Just released spacious 1BR apt homes for \$1065. Conveniently located these residences offer sep dining area, wall to wall carpet and on-site laundry. Call 202-829-3620 for more information.

NW Pay no rent in July! 5301 New Hamp Eff \$750/2BR \$1100+ elec. 5741 Colorado. Eff \$800/1BR \$900. 2514 4th NE 2 BR \$900 703-255-3884 x 106

SE **Manor Village**



Ask About Accent Walls

Receive a \$200 GIANT gift card*

- 1 BRs from \$725*
- Upgraded units with stainless steel
- Next to the NEW Super Giant • FREE Splash Park & FREE Metro Shuttle • FREE Off-Street Parking • Boys & Girls Club at the THEARC • Daily 8-5, Wed 8-7, Sat 9-4 and Sun 11-4

1717 Alabama Ave., SE **1-888-275-2914**

William C. Smith & Co. **www.thearc.org**

www.wcsmith.com *Call for Details

One Bedrooms starting from only \$800!

Limited Time Only!

- SOME UTILITIES INCLUDED
- ALL CREDIT CONSIDERED
- INSTANT PRE-APPROVAL
- WALK TO METRO
- SE HABLA ESPAÑOL

Ask about our financial counseling program!

A Southern Management Community

NW **Sherry Hall**
2702 Wisconsin Ave., NW
1-866-856-4184

1BR: \$1425
ALL UTILITIES INCLUDED

- North Georgetown
- Front facing with incredible views of DC
- Heat and AC included
- Beautiful Hardwood Floors
- Sundeck w/ panoramic views
- On site Laundry
- 24-Hr Maintenance on-site
- Walk to shopping/dining

Professionally Managed By
William C. Smith & Co./EHO

Palmer Park—\$1475, 4 br, 1916 Allendale Ct, Sec 8 acptd 301-856-1512

Parkfairfax—\$1900 all util, park, 2/2 br/ba, highrise, Martha Custis, small pets, pool, 240-350-3225

Residential—\$2200 mo, 5br, 3ba, Camp Springs, MD, 301-899-1180. Section 8 Accepted. Open House 5/17/08 9am-1pm

Reston—Town Center-2br,2ba,HW flrs,fpl,garage parking,security,pool, gym,biz ctr \$1950/m 703-650-8930

Riverdale **EHO**

May Special!

5% DISCOUNT FOR
Military & Government Employees
Reduced Rent for the First year
And
First 1/2 Month's Rent Free

\$35.00 Appl Fee to be applied to 1st months rent

* Must be credit approved

MetroBus at your front door
On-site laundry, Gourmet Kitchens
Wall/Wall Carpet, Private Balconies

CALL TODAY!
1-866-906-9224

Hours: Mon-Fri 9-5PM; Sat 10-3PM; Sun 12-4PM

ROCKVILLE/GAITHS—Lrg 1&2BR. 1mo free, Lots of discounts. All utilts/cbl incl. Unfurn/Furn/Corp. Balc. Nr Metro, park w/ gym/pool, grocery. 301-948-0087.

ROSSLYN/SUNNY, CORNER APT - lge 1BR, a/c, terrace, open views, 1 blk Metro, full srvc, concierge, pool, health club, walk to G'town. \$1550. Incl util, covered gar. **917-449-9300**

SE **1 & 2 Bedrooms from \$750**

- Great location in a park-like setting
- Gas, hot water & heat included.
- Laundry facility on property.
- Intercom access to every bldg.

Banneker Place Apts.

Call for Details
(202) 584-1688
Professional Mgmt. by CIH Properties

SE - 1BR, 2BR, den, starting at \$725 - \$880+ util. Nr green line metro, w/w carp, center a/c & heat, vertical blinds, w/in closet, off street park, laundry facilities, day care, computer classes & day camp for summer. Please call 202-562-3200 for more details.

SE—1 BR & 1 BR w/ Den, \$743 and Up + Electric, No pets. Call 202-265-4814 or 202-889-4083 Fred A. Smith Co.

Riverdale **Park Tanglewood**
5309 Riverdale Road
Riverdale, MD 20737
888-415-2076

1BR with Balcony: \$895
ALL UTILITIES INCLUDED

- Spacious Floorplans & Closet Space
- Electronic Entry System
- Balcony or Patio
- Central Air Conditioning
- Dishwasher
- Swimming Pool
- Free Parking

Professionally Managed By
William C. Smith & Co./EHO

SE—1 & 2BR apts nr. Grn Line. Secure, carpet, quiet bldg. Voucher OK. 703-780-0040. Leave Message.

SE DC

Great Savings Are in Bloom! Come Grow With Us At Wingate Tower and Garden Apts.

1 BRs from \$750
2 BRs from \$850
3 BRs from \$960
4 BRs from \$1490
5 BRs from \$1600

*Handicap Accessible units Available!
\$99 Security Deposit Special
1st Month FREE!
You could win a 32" or 42" LCD TV!
Move in by 5/31/08
202-563-2652

SE **THE COLONNADE**

2 Forrester St., SE
888-865-0763

1BR: \$695
ALL UTILITIES INCLUDED

SE **Meadowbrook Run**

1/2 Off First Months Rent*

1BR Starting at \$715

- Free Application Process with this ad
- Resident-Controlled Access
- Large Walk-in Closets
- Convenient to Congress Heights Metro
- Some Units Include Heat

3647 6th St., SE
877-819-3121
William C. Smith & Co.
www.wcsmith.com
*On 1BRs Only

SE—Lge 1BR new renov. Sect 8 ok. 5035 D St. S.E. Call Mark, 301-806-1296 or Harvey, 202-551-6432

SE **Check Out Our Specials!!!**

Large One bedrooms \$725
\$10 application fee!!!
Deposit as low as \$200!!!

- Close to schools & shopping
- Metro bus stop on front of property
- Central AC & Heat
- W/W Carpet
- Dining Room w/ chandelier

Minutes from the new National Stadium & Harbor

(202) 563-6968
Friendship Court
Professionally Managed By,
CIH Properties, Inc.

SE **Elsinore Courtyard**

Spacious 1, 2 & 3 BR remod. apts. Near Capital Heights Metro Station & area schools. Income Restrictions apply. Starting at \$715 + utilities. For more info call 202-581-3687. Ask for Tanya.

SE/The New Anacostia

THE BEST VIEW IN THE CITY!

SELECT 2 BRS STARTING AT \$960
\$99 SECURITY DEPOSIT SPECIAL*
UTILITIES INCLUDED

MARBURY PLAZA

Minutes from VA, Downtown DC, 395 & Metro

2300 Good Hope Rd. SE
(800) 433-1769

*for qualified applicants.
www.beaconmanagement.com

Silver Spring **A GREAT PLACE TO COME HOME TO!**

1 Mo. Rent Free* WOODVALE

This beautifully landscaped community features New Cabinets, New Carpet, New Appliances and So Much More

- Ceiling fan in kitchen
- Tile Entrance Foyer
- Washer & Dryer in all homes
- Swimming Pool/Tennis Courts
- Wooded picnic areas
- Now under new management!

Call Today for details
(866) 522-5427

*restrictions may apply

SILVER SPRING—\$1600/mo. Top floor, downtown Silver Spring, one block from Metro, granite counter tops, plush carpeting, brand new unit, never lived in, garage space. Call 703-653-3363 for details.

Silver Spring/Kinsman Farm—3BR 3.5BA, finished basement. \$1,850.
CALL DUFFIE INC. 301-434-3040

Silver Spring/Dumont Oaks—lg TH, 3BR, 2.5BA, deck, fin bsmt, fp, dead end cul-de-sac. \$1850
CALL DUFFIE INC. 301-434-3040

Southeast **HILLSIDE TERRACE**
1812 23rd. St. SE
1 BR from \$745
866-646-7056

- Free Utilities
- All new kitchen & bath
- Ample closet space
- Close to shopping
- On and Off street parking
- Beautiful Apartment Community

William C. Smith & Co./EHO

Southeast **Open House**

Urban Style with that Downtown Feel...

Stanton Glenn Apartments

Our lofts & skylights overlooks the Washington Monument!

- Fitness Center
- Swimming Pool
- New Carpet
- Full size Wash/Dryer
- Alarm System
- Balconies

Call Tasha Bland & Tyrone Stover
888-497-4364
202-880-1325 fax
3048 Stanton Road S.E. Suite #104
Washington DC 20020

Live Right on the Line

A brand new gated community right at the Branch Avenue Metro

Two months FREE RENT!*

- Walk to Branch Avenue Metro
- Minutes to Washington, DC & I-495
- Convenient to Andrews AFB • Indoor basketball court
- Swimming pool • Tennis court
- Apartments from \$1375



MetroPlace AT TOWN CENTER

4300 Telfair Blvd.
Camp Springs, MD 20746
866.203.7530
MetroPlaceatTownCenter.com

*Concession on select floor plans

Classifieds

RENTALS

Southwest

Comfortable & Spacious

Oak Park Apts

125 Ivanhoe St. S.W.

- Renovated 1 & 2 BR Apts.
- Close to 295 & Hadley Hospital
- MetroBus stop in front
- Laundry Facility On Site

CALL TODAY
1-888-665-1083

www.novodev.com

STOP PAYING RENT/OWN Grants up to \$15K.
\$40K Income Req. All credit ok. Larry
240-381-1641

SUITLAND

1 BR starting at \$750
2BR starting at \$850
ALL UTILITIES INCLUDED
Must move in by 5/16/08

FREE APP FEE WITH THIS AD!

Newly Renovated Apts. Available
5% Discount to
Military, college students, teachers,
firemen & police.
Minutes to Andrews, Metro & Shops
Pets allowed with restrictions

PINWOOD CHASE

(800) 531-4369
Open Late Tu/Th 10am-7pm

SUITLAND

1-888-282-5132
Newly Renovated 2BR Special
No App Fee Low Sec Dep

SUITLAND

SPECIAL LOW DEPOSIT
\$100 off 1st Month!

1 & 2 BRs from \$750
UTILITIES INCLUDED!

SILVER HILL APTS.
Remodeled w/new Kitchens

- DIRECTLY ACROSS FROM METRO!
- Hardwood floors, Mini-blinds
- Laundry facilities on-site
- Free parking

301-423-3131

SW - 121 P. St. & 112 O St., 1br, cac, w/d, \$795+.
Metro. Call 202-256-2205

SW

OPEN HOUSE

Sat. May 17, 10am - 3pm

RIGHT PLACE!
RIGHT PRICE!
1BR \$750.00

- W/W Carpet
- Gated Community
- Modern Kitchen with Breakfast Bar
- Laundry room in every Bldg

Friendship Crossing
(202) 563-6800

Professionally Managed by
CIH Properties, Inc

TAKOMA PARK

2BR starting at \$1039*

3BR starting at \$1102*

BELFORD TOWERS

Is accessible by bus and rail • is walking
distance to nearby shopping ctrs & recre-
ation. Just minutes from Washington D.C. 495
and East-West Hwy.

gas and water included
5% discount to military, government
employees and students

(800) 331-8319
Open Late Tu/Th 10am-7pm
www.beaconmanagement.com
*Good thru 5/16/08

Takoma/E. Sil Spg—1BR \$900 + utils 2BR \$1150
+ utils CAC. Near Transportation.
DUFFIE INC. 301-434-3040

Temple Hills

HEATHER HILL APARTMENTS

5837 Fisher Road

Move in by 5/14

Pay No Rent until June

1 Bedrooms from \$860

2 Bedrooms from \$1140

3 Bedrooms from \$1295

- Interior renovations
 - Olympic size pool
 - Fireplace in top-floor units
 - Controlled card access
 - Large pets welcome
 - Shopping & great restaurants close by
 - Gas/water included
 - Laundry room in every building
 - Metro bus stop on site to Naylor Road Metro
- 888-332-7740**
*Restrictions apply

UPPER MARLBORO—Rent to own, \$2000/mo. 6
BR, 3.5 BA SFH, Sec 8 ok. Mr. Melbourne, Exit
Premier Rty 202-327-1367/ 301-560-6700 x1166

DOWNTOWN/NORTHWEST

EHO

City Living at its BEST...

1BRs from \$1317
2BRs from \$1516

Only Steps to Metro, Restaurants, Museums,
Verizon, Chinatown & More!

- Gated Parking
- 1 Block from New Convention Center
- Wall-wall carpet
- Laundry Facilities on 2nd Floor

Washington Apts
1201 6th St, NW
Open Monday-Friday 9-5:30. Sat/Sun 10-4
877-231-1135

*Limited time only

WESLEY HTS—FURNISHED 2BR, 2BA 1700sf, gar
prkg, balc, \$3600. Roberta Tice
202-538-7429 Long & Foster

ROOMMATES

ALEX Shr hse. Wlk out bsmt avail. close to Van
Dorn Metro. Sep. entr. fully crptd. \$750/mo.
703-625-7866

ANNANDALE—furn Bedrm, queen bed, bath,
\$600. Non smkg prof, call 703-395-3077. Avail now

RENTALS

BETH—1 room in shared 4BR. N/S hse, nr
NIH/Metro, hdwd flrs, fpl, porch, yard. Avail
immed. \$500+1/4 utils. Call 301-214-7873

FAIRFAX/FAIROAKS—Nonsmkr, No Pets, TH to
shr, 1BR, shr BA. \$600 + \$30 utils. 703-966-9925

FAIRFAX—room for rent, own bath, Indry, shr kitch,
\$750 incl. utils, cable & internet, F only.
703-330-5455.

HERNDON—Large furn Bedroom w/ prvt Bath in
TH. Incl. Cable TV, \$600/mo + utils.
Call 571-226-7599

Lanham-Room for Rent, house to shr, 301-552-
7514 or 301-270-3190. Please leave message.

LAUREL—TH to shr. W-W carpet, W/D. DW, nr bus
& shppg. \$595 mo incl. 240-475-4072.

RENTALS

Oakton - 1 Furn. Rm in TH, Nr. Vienna Metro, Rt.
123 & 66, Between Tysons & Fair Oaks. N/S No Pets
Call after 7pm 703-938-5750

SIL SPG—Walk to Metro. Prof to shr Wonderful
House. BR/BA: \$675, \$535. N/S, no pets, utils
included. Private entrance 301-593-2435

Silver Spring—1 room, shr BA, N/S N/P, nr FDA
& shps/bus, 15 min SS Metro, \$495+1/3 utils, 202-
262-3858

WOODBIDGE/BELMONTBAY.COM—N/S, prof F
to shr lux condo. MBR w/wlk-in closet & prvt BA.
Near VRE. \$550+1/2 utils. 703-501-3592

Woodbridge—\$1100, 2 bd, frnshd, nu pnt & crpt,
Utl inc, dshwshr, wshr & dryr, Close to VRE 818-
968-8968

RENTALS

RIVERDALE

1, 2, & 3 BR Apts **Huge 2 BR Townhomes**

Parkview Gardens

888-251-1872

6400 Riverdale Road • Riverdale, MD 20737

GATED COMMUNITY

Beautiful Kitchens - Granite Countertops

- Fitness Center on Property
- Beautiful Kitchens-
Granite Countertops**
- Washer/Dryer**
- Outdoor & Indoor Pools
- Free 6 week summer camp

Riverdale
Village

800-767-2189

5409 Riverdale Road • Riverdale, MD 20781

LANDOVER

Kings Square
Apartments

877-898-6958

3402 Dodge Park Road • Landover, MD 20785

Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4
CALL FOR FANTASTIC SPECIALS!



- FREE UTILITIES
- Walk to Metro
- Walk to Elementary
School
- Daycare on Premises
- Free 6 week summer camp
- Security Deposit payment
plan (call for details)

**Call now
for our
FANTASTIC
SPECIALS**

**Move in
now with
ONLY \$200
(limited time
offer select
1 BR only)**

**Move in
now with
ONLY \$200
(limited time
offer select
1 BR only)**

CONDOS FOR SALE

SE/Anacostia - 2BR condo, \$1100/mo, first month
free! util. assistance, Mr. P @ 240-882-4040

HOUSES FOR SALE

Beacon Heights **\$309,900**

ALL Offers Considered

4 br, 2 ba, 2 Fls, 6812 Beacon Place, Riverdale, MD,
multiple decks, new carpet, brick front, Hw Flrs,
Fplc, fenced yard, New App, W/O Bsmt, call Ms.
Caine 202-255-3626

Prestige Realty
(301) 330-8688

BOWIE—\$309K **HUGEPRICE DECREASE** Updated 5
BR Colonial w/ 2 Car Garage, Granite Kit, New
hardwood flrs, large Corner Lot 301-343-4236

BOWIE 6 ACRES HORSE FARMNewly renov
home, 10BR 5BA fenced yard, barn included. 13325
11th St
\$699,000 301-343-4236

*****DISTRESS SALES**—Free list with pictures of
bank foreclosures and power of sale properties.
Free 24-hr recorded msg 1-800-910-0453 X2042

Fairfax VA, 538 Early Fall Ct
\$100k below market. Homeowners, new and expe-
rienced investors; Come join us to view this prop-
erty and many more like it on a "HOT" deal finding
bus tour. Bank owned properties (REO's) for .50
cents on the dollar May 17th. Visit our website:
www.myforeclosurebus tour.com

Laurel - \$199,999, Hot Property! TH, 3BR, 2.5BA,
Exit Premier Realty, Realtor On Your Side Team!
Toll free 866-220-6293 or 301-560-6700 ext 6765

LAUREL \$259K Newly renov 3 BR 2.5 BA TH, fin
bsmt, new hdwd flrs, gran kit, new appls, 6926
Scotch Dr. Closing help. 301-343-4236

Logan Circle - \$399,000 -1739 11th St., NW
Handyman Special; 2 level, 3 BR, 2 FBA, Semi-
detd, 2 Bks fr Metro & U St. CREM 202-905-5627

STERLING OPEN SUN 12-4 \$595K
Waterview! 4 BR, 2.5 BA, 2 car attach gar, LR, DR.
56 Carrollton Rd, 20165. Call Bill 703-919-2056

SW—1BR, upgrdnd condo in gated comm, OSP.
Owner assist in closing cost. \$144K.
Call 301-753-8291

Upper Marlboro **\$499999**

CLOSING COSTS PAID
SFH, 4 br, 3.5 ba, 2 Cr gar, hottub 60+ jets, new
kitchen stan steel, deck, new carp, Media Rm w/Gas
FP, Hw Flrs, W/O Bsmt, 1302 Bufilehead Ct, 240-
476-9595

UPPER MARLB/Largo - 4BR 2BA+ TH. \$20K Grant.
nr Metro & shps. \$309K. loan. 703-789-4097

UPPER MARLBORO — \$218,900 Col style TH,
3BR, 2.5BA. Contact Edward Cunningham. Exit
Premier RE. 301-669-0063 or 301-560-6700

RESORT PROPERTIES

NC Waterfront Property
Inner Banks, NC—WF lots from \$99,900. Homes,
condos, lots & more. Waterfront Pros. 866-466-2928

REAL ESTATE SERVICES

IT'S YOUR TURN! Become a homeowner NOW.
Foreclosures in DC, MD & VA, \$60K-\$600K. Receive
hot new listings by email. Call Tiffany Stone 301-
440-8818 Fairfax Realty 301-881-9800 ext 264 or
email me at: TStone@mrts.com. NO money down
programs available.

MARYLAND HOMEBUYING PROGRAMS—If you
have an income of \$50K or more and at least
\$7000 in savings and would love to own a home
in Maryland in the next 30-60 days, Programs for
many situations. Raymond Marshall, Re/Max 100.
Direct 301-702-4243 office, 301-899-1200 x243

WE BUY HOUSES

ANY PRICE OR CONDITION
Do You Need To Sell Quickly?
WE BUY HOUSES FAST FOR 19 YRS
Cash, No Contingencies, No Commission, No Fees
You Save \$. Buying in Maryland, DC & Virginia.
Brian, Re/Max 2000, 301-996-9695
www.ListOrBuyHomes.com
Brian@ListOrBuyHomes.com

CARS

Dodge 2005 Stratus—SXT, \$8680, Excellent
cond, 58k mi, Blue int, Silver ext, 4 dr, DVD, ABS, CD,
airbag passenger. 540-822-5342 Lv. msg.

Honda 2003 Odyssey—Ex-L, \$14765, Auto,
Barely Used, 42k Miles, Exc Cond, Blue Ext, Gray
Leather Int. Htd/Pwr Seats. (540) 636-7196

HONDA 1992 ACCORD—Md insp, excel cond
in/out, runs & drives like new, only 53K mi, \$4200.
301-467-0426

JUNK VEHICLES REMOVED FREE
CASH PAY FOR ALL
202-714-9835

Lexus 1999 RX 300—AWD, Single Owner, Excel-
lent cond, 115k mi, Beige leather int, Red ext, sun
roof loaded \$10,800 703-620-0816

MAZDA 1995 Protege—auto, 4 cyl, 4drs, runs
great, gas saver \$1400. 202-744-7187

Plymouth 1970 Barracuda—\$4600, Excellent
cond, 80k mi, Black int, Purple ext, 2 dr, Automatic,
2064263262 or kathyvoorhies@msn.com

Porsche 1996 911—Carrera, \$34,000.00, Excel-
lent cond, 52k mi, Beige leather int, Black ext,
sunroof, winter and summer tires - all original
paperwork on car available 301-529-8728

Life, Liberty and the PURSUIT of a
FREE \$1000 IKEA GIFT CARD

Move-in today and don't pay rent until September 1st!*



E
ENCLAVE
SILVER SPRING

866.357.5909

RIVERSTONE
RESIDENTIAL GROUP
A Consultant American Service Company

EnclaveSilverSpring.com
11225 Oak Leaf Drive • Silver Spring • MD

*Prices, availability, specials and lease terms subject to change at any time.



Classifieds

RENTALS

LANDOVER

Maple Ridge

888-583-3045

2252 Brightseat Road • Landover, MD 20785

- Gated Community
- Free Gas & Water
- State-of-the-art fitness center
- Free 6 week summer camp

Call now for our **FANTASTIC SPECIALS**

RENTALS

OXON HILL

Colonial Village

888-583-3047

908 Marcy Ave. • Oxon Hill, MD 20745

- FREE UTILITIES
- Swimming pool
- Free 6 week summer camp
- Private balconies/patios
- Minutes to Metro, DC, Virginia, and 495

CALL ABOUT **FANTASTIC SPECIALS**

HYATTSVILLE

Fletchers Field Apartments

866-805-0782

5249 Kenilworth Ave. • Hyattsville, MD 20781

- FREE UTILITIES
- Free Application Fee
- Spacious and modern apts
- Wall to Wall carpet
- Dishwasher
- Private balconies/patios

CALL NOW FOR OUR **FANTASTIC SPECIALS!**

LANDOVER

Calvert Hall Apartments

877-203-6036

3817 64th Ave. • Landover, MD 20784

- Gated Community
- FREE Heat & Water
- Free 6 week summer camp
- B/W Parkway, Metro, 495
- New Walmart Across the Street

1st month **FREE**
No app. Fee w/this ad

Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4
CALL FOR FANTASTIC SPECIALS!



CARS

Volkswagen 2004 Passat — GLS, \$12,999 obo, Excel cond, 57k, Blk leather int, Blu ext, 4 dr, Htd Seats, sunrf, new tires. 301-648-8889

Volkswagen 2004 Passat — GLX, \$14995, Auto, 28k Miles, Exc Cond, Green Ext, Gray Int, Htd/Pwr Seats, Sunroof, Leather, (540) 636-7196

WANTED

100 GOOD PEOPLE WITH BAD CREDIT

- None Established • Bankruptcies • Judgments
- Charge Offs • Repossessions • Tax Liens

New Test Program For Automobile Financing Special Allocation of Funds

NEED A CAR - CALL NOW

Call Mr. Samuels Today • 1-877-877-5557

Laurel Kia Used Cars & Trucks

BOATS & AVIATION

Larson 2006 Senza 226— \$32990, Ex. cond, White, 23ft, <40hrs. 65mph, Stored indoors, Prof. Maintd. Loaded w/opts. Warranty. 703-623-3382



readexpress.com

X571 1x3.5



readexpress.com

X571 1x4



readexpress.com

X571 1x2



Is it time to take your **HR Career to the next level?**

Master's • Bachelor's • Certificates

Accelerated, Evening and Online Options

- Master of Arts in Human Resource Management (Generalist and Federal HR track).
- New! Master of Science in Management.
- Bachelor of Arts in Management.
- Certificate in Human Resource Management.
- Exam prep courses for PHR/SPHR and CEBS.
- 3-year combined bachelor's/master's program (with 60+ prior credits).
- Private scholarships available!

Open House: Thursday, June 5, 5:30–7 p.m.
Location: Edward J. Pryzbyla University Center (Brookland/CUA Metrorail stop).
R.s.v.p. at scullys@cua.edu or call 202-319-5256.
Visit our Web site — <http://metro.cua.edu>.

REASON. FAITH. SERVICE.

 **THE CATHOLIC UNIVERSITY OF AMERICA**
Metropolitan College

Your access to world class HIV research studies starts here

If you are 18 or older with HIV, you may be eligible to participate in research studies on HIV and other infectious diseases at the National Institutes of Health. Medical exams and study medications will be provided, and you may be compensated for your time. Conveniently located on the Red Line at Medical Center.

For more information, call **1-800-411-1222**
(TTY: 1-866-411-1010) Se habla español



Look out

* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

INSIDE

McCartney is free to start dating | 38



Pregnant Pause: Hip gowns are delivered | 35

Discussion: Read about Jenna's wedding | 36

Business

Amish-run salvage stores gain popularity as financial ills mount

In a quiet gas-lit farmhouse, two girls in bonnets and long blue dresses wind tape around expired bottles of Newman's Own salad dressing, and wipe dust off dented cans of vegetables and crumpled boxes of Butterfinger candy bars.

They are picking through the leftovers from America's supermarkets.

Amish-run salvage stores, a thriving discount industry tucked away in America's farmlands, sell expired food and medicine dirt-cheap. This shadow economy, run by people who typically shun modern methods of commerce, is drawing a steady stream of non-Amish customers seeking relief from the country's financial ills.

"We have anything from a Mercedes in our parking lots down to horse and buggies," said Ray Marvin, general manager of B.B.'s Grocery Outlet, an Amish-owned salvage store chain in Quarryville, Pa.

The customers are after prices resembling those of old-fashioned nickel-and-dime stores — paper towels for 50 cents per roll, salad dressing for 10 cents per bottle.

Except for baby formula, the Food and Drug Administration doesn't prohibit the sale of expired foods or medicine. The agency bars the sale of adulterated or misbranded drugs, but those are evaluated case by case.

Everything else is fair game — "buyer beware," as B&K Salvage owner Bill Gingerich puts it.

Salvage goods also show up on the shelves of some close-out stores, but those primarily sell bulk wholesale and overstocked goods at discounted prices.

"We've been amazed [at] how



FINANCIAL RELIEF: Discounted cans of soup for sale are seen at an Amish-owned salvage store, left. Some customers travel to the shops by horse and buggy, right.



Old-Fashioned Savings

good we've done," says Rebecca Miller, an Amish woman who opened N&R Salvage with her husband last year on the outskirts of Mesopotamia, Ohio. The couple has never taken out an ad, she says, but the customers keep coming.

While most of these Amish-run businesses have been around for several years, store owners say business has picked up considerably in recent months as the country struggles with rising gasoline and food prices, a credit crisis and home foreclosures.

While some stores advertise in local newspapers, their popularity has largely spread through word-of-mouth.

Several Amish businesses declined to cite sales figures. Non-Amish salvage store owners also report climbing sales.

Mike Mitchell, owner of Amelia's Grocery Outlet in New Holland, Pa., says sales grew by 12 percent in 2007, and his chain of 11 stores is on pace to increase sales by 23 percent this year.

There are at least six Amish-run salvage stores in northeast Ohio and nearly a dozen in Lancaster County in Pennsylvania, forming something of a discount shopper's marathon course.

"A lot of people drive from one salvage store to the next and see how many bargains they can get," says

41-year-old Barbara Byler, an Amish woman who runs Shedd Road Salvage in Burton, Ohio. "Some people don't have jobs. We expected them to come."

Since she discovered salvage stores, Jo Leyda of Windsor, Ohio, almost never pays more than \$2 for a box of cereal.

"Why not? I don't care if the box is ripped," says Leyda, a mother of five, shrugging. But she hesitates at buying expired products.

"If it's a bottle of salad dressing that's, like, a month expired, there's probably nothing wrong with it," she says. "But, generally I just stick with the scratch-'n-dents."

MEGHAN BARR (AP)



A gas-powered lamp lights Amish-run N&R Salvage in Mesopotamia, Ohio.

Lobster Lovers' Quarrel

Food

Summer brings up an age-old debate in Maine: Claws or tail?

When it comes to lobster, Kathryn Rolston is all about tails. She finds it easier to wrestle from the shell than claw meat and more substantial.

But for Gene Beaudoin, her lunch companion, it's the claws that make the meal. He says any extra effort to get at them is worth it because the meat is sweeter and more tender than that of the tails.

"Plus, there are two claws," he said as they finished their lobster rolls during a recent visit to the Lobster Shack restaurant, which overlooks the cold, lobster-filled waters of Maine's Casco Bay.

"But I like the texture of the tail meat," she countered lightly.

The arrival of warm weather in Maine means tourists won't be far



LARRY CROWE/AP

Some people prefer to eat the lobster's soft claws rather than the chewy tail meat.

behind, scarfing down the state's signature seafood at the numerous lobster joints that dot the coast. And with that comes the perennial debate over lobster part preferences — claws versus tails.

In these parts, it's a question that can stir spirited debate, something akin to asking Southerners which

kind of barbecue is best.

The North American lobster, *Homarus americanus*, is regarded as the king of shellfish. Served whole with a side of melted butter is the traditional way to eat it, but chefs also use lobster meat in numerous recipes, from appetizers and stews to salads and pastas.

Much of the lobster is edible, including meat from parts many diners never try.

Much of the lobster is edible, including meat from parts many diners never try — the body, legs and even the tail flippers. By comparison, the tail and claws offer rich rewards for comparably little effort.

The tail meat generally is chewier and more fibrous than the claw. That's because lobsters flap them forcefully as a means of locomotion, said Brian Beal, a lobster expert and professor at the University of Maine at Machias.

The claw muscles are softer, because they aren't used as much or as vigorously as the tail. The crusher claw (the larger of the two, used to crush things) generally is tougher than the pincher claw (used to pull

things apart).

Beal prefers the tail to the claw — he says it's meatier and more flavorful. The tail and claw have different tastes, he says, much the way that the different parts of other animals have diverse flavors.

"Why does bacon taste different than ham? It's different muscle tissue, that's all," Beal said.

Melissa Bouchard, head chef at DiMillo's Floating Restaurant in Portland, is well familiar with the claw versus tail debate. Year round, DiMillo's goes through 140 lobsters and 70 pounds of lobster meat per day.

She says claw meat is preferable for lobster rolls and lobster club sandwiches because it's more tender and easier to eat.

Lobster tails, however, are used for the restaurant's deep-fried lobster tail entree, Bouchard says, because they stand up better than claws to deep-frying.

And then there is the best of both worlds. A combination of claw, tail and knuckle meat is used in other dishes such as lobster ravioli, seafood scampi and baked lobster pie.

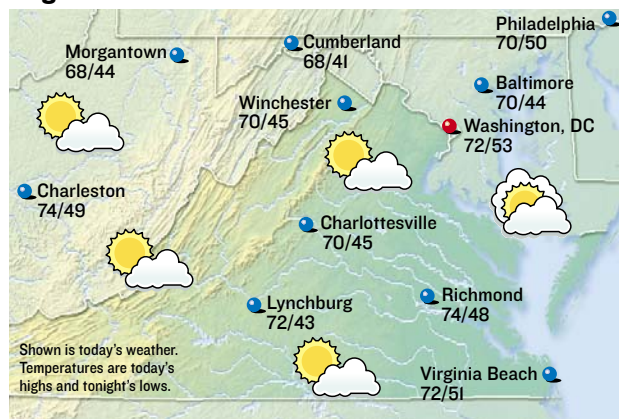
Bouchard thinks people from Maine prefer the claw meat, while people from other parts of the country like the tail.

"It's the tourists versus the locals," she said. CLARKE CANFIELD (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
					
Mostly sunny, warmer	Clear	Sunny to partly cloudy	Mostly cloudy	Mostly cloudy, a shower possible	Mostly cloudy, a shower possible
72°	53°	78° / 56°	76° / 56°	68° / 54°	68° / 57°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	52°
Low	48°
Normal high	74°
Normal low	55°
Average humidity	85%

Precipitation

24 hours ending 4 p.m.	3.69"
Month to date	7.49"
Normal month to date	1.41"
Year to date	20.75"
Last year to date	13.01"
Normal year to date	13.73"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

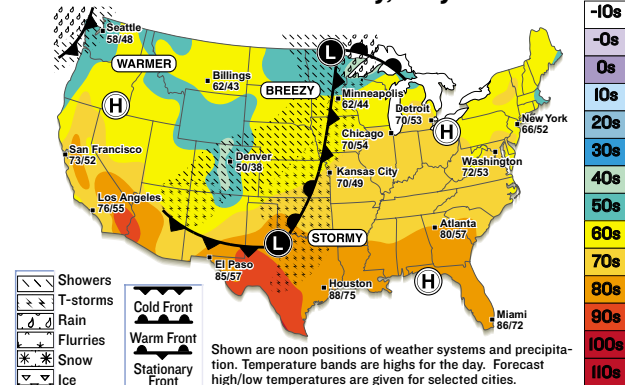
D.C. Metro: Today, mostly sunny, warmer. High 72. Wind north 8-16 mph. Tonight, clear. Low 53. Wind southwest 4-8 mph.

Sun and Moon

Sunrise today	5:57 a.m.
Sunset tonight	8:12 p.m.
Moonrise today	2:18 p.m.
Moonset today	2:40 a.m.



National Weather for Tuesday, May 13



National Cities

City	Today	Wed.
Atlanta	80/57/s	78/63/c
Boston	58/48/pc	62/49/s
Chicago	70/54/pc	61/42/t
Dallas	84/66/t	75/60/t
Denver	50/38/c	63/38/pc
Honolulu	84/69/s	84/71/pc
Los Angeles	76/55/s	84/59/s
Miami	86/72/s	84/73/s
New York City	66/52/pc	71/56/s
Orlando	86/63/s	87/66/s
Seattle	58/48/r	62/50/c

World Cities

City	Today	Wed.
Amsterdam	72/54/s	73/52/pc
Athens	72/59/pc	70/55/s
Berlin	68/46/c	73/48/s
Buenos Aires	70/54/s	72/55/s
Calgary	58/38/pc	61/38/pc
Dublin	64/52/pc	63/50/pc
Geneva	73/53/sh	73/54/c
Moscow	54/36/c	52/30/c
Rome	68/55/r	66/55/sh
Sydney	65/55/pc	66/54/pc
Tokyo	65/54/c	68/60/c

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Styles

LOOKout



← Hospital hot?
The Wellesley
Collection by
DEARJOHNNIES offers
pregnant women birth-
ing gowns in five pastel
patterns and is poised
to launch a bolder line in
the future.

Posh Patients

Some seek a hipper look while they are under hospital care

The shimmer of hope that carried Cindy Mesaros through her medical ordeal came in whimsical pastels.

When the San Francisco woman underwent an emergency Cesarean section, narrowly saving her daughter after an umbilical cord rupture, she was wearing a patterned hospital gown she had purchased with giving birth in mind. And when things got dicey, the gown helped her get through, she said.

"It sounds vain and trivial, but I think it matters," she said. "Labor is such a difficult and scary thing, anything that gives you back that sense of confidence helps."

The purchase put her among an increasing number of patients who call for hospital wear that doesn't sacrifice fashion for function. Patients say the chic gowns make them feel a little better at a time when any positive moment helps. In some cases, they ensure modestly and discretion for specific medical conditions.

Rachel Zinny, president of Dearjohnnies — which offers birthing gowns in five pastel patterns and is poised to launch a bolder, funkier line — said she founded the company after wishing she'd had on something livelier to brighten up the earliest photos of her firstborn.



Heigl is launching a line of scrubs inspired by her "Grey's Anatomy" role.

"I looked like a prisoner. ... Moms deserve to look and feel special."

RACHEL ZINNY, DEARJOHNNIES

"I looked like a prisoner in a one-size-fits-all gown that someone could have had a heart attack in the day before," she said. "Having a baby is an extraordinary experience, and moms deserve to look and feel special."

Patients' desire for attractive attire is no surprise, said Beth Allen, manager of outpatient services for women at Northside Hospital in Atlanta.

Allen, who runs a hospital boutique providing accessories for female cancer patients and new moms, said details matter to women trying to regain control over chaotic lives.

A fashionable gown is "not going to give your sleep back or make you a wonderful mother or make your cancer go away, but it does give you some choices back," she said.

Dana Meyer, clinical coordinator at Village Dental in Lady Lake, Fla., changed her own garb to enhance the patient experience. This year, she dressed her staff in items from Peaches Uniforms' "Katherine Heigl Collection": sleek, V-neck scrubs inspired by the actress' character on "Grey's Anatomy."

"It's more soothing for patients to see us in soft tones," Meyer said.

ALISON LAPP (AP)

Hair



Be a Sleeping Beauty

Rubbing moisturizing goop on hair before going to sleep begets hideous acne nightmares. These fears were assuaged by **JOHN FRIEDA FRIZZ-EASE CREME SERUM NIGHT** (\$10, drugstores), which one applies to dry hair before bed. It didn't leave pools of grease on the pillow (it didn't even leave a scent), and once hair was washed and dried, it was smoother. HOLLY J. MORRIS (EXPRESS)

Beauty



Glisten Up! Go Gold

We're all about metallics, so we were hot to try the **ISPA AT THE WILLARD's** new dusting of real 24K gold powder (\$30, 202-942-2700). Applied with a brush the size of a small orange, it can be added to any facial, body treatment or massage. The Jane Iredale powder is made of superfine mica, 24K gold leaf and iron oxides. Spa Director Annie Gaye thinks it is best on the décolletage, but you can go for broke (at no extra charge) and have it applied to the face (our idea, but looked weird) and legs. It's subtly sparkly and doesn't get all over your clothes. Hello, sunny afternoon or romantic dinner! STEPHANIE JONES

Look out Online

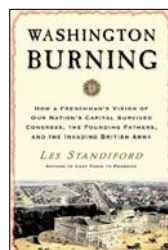

readexpress.com

site specifics

ENTERTAINMENT

No Rainbows, Just Rain

Touring behind its supposed industry-revolutionizing album, "In Rainbows," Radiohead played one of the first shows of its U.S. tour on Sunday at Nissan Pavilion. One problem: It rained during the entire concert. Matthew Siblo has a blow-by-blow account of the soggy, absurd affair. | [ONLINE NOW](#)



BOOKS

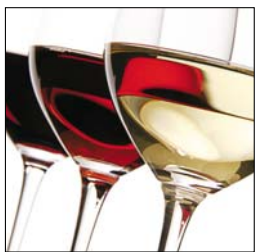
Capital Ideas

In "Washington Burning," author Les Standiford tells the story of Pierre Charles L'Enfant and the important role the city of Washington played in reuniting a nation. Katherine Silkaitis spoke to Standiford, who reads at Politics & Prose on Tuesday. | [COMING UP](#)

EATING AROUND

Start Your Wine-ing

It's 9:57 p.m. and you have three minutes to grab a bottle of wine for that dinner party. You need to impress. Complicated? Yes, but so is the wine choice. But as Stefanie Gans reports, D.C. has plenty of places to buy and learn about wine. | [ONLINE NOW](#)



comment board

David Archuleta

is getting on my nerves. He's too upbeat, positive and sugary-sweet. Every time I watch him, I feel like I need to call my dentist and have a cavity filled."

COMMENTER AUPOLISCI GUY, WHO ADDED, "IT WOULD GIVE ME A GREAT DEAL OF SCHADENFREUDE IF HE GOT BUMPED."

Syesha is

talented, but she's not 'American Idol' material. She needs to go, and I think she knows it."

COMMENTER AN ONY MOUS, WHO ADDED, "NEITHER OF THE DAVIDS HAVE BEEN IN THE BOTTOM TWO THE ENTIRE SHOW. IT'S INEVITABLE; SYESHA WILL GO HOME."



"Which of three corporate-

approved singers should win a reality show, that gets them a corporate-approved contract?"

COMMENTER PMMJ, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "WHICH 'AMERICAN IDOL' FINALIST SHOULD BE THE NEXT TO GO?"

poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

WHICH 'AMERICAN IDOL' FINALIST SHOULD BE THE NEXT TO GO?

45%
Syesha Mercado

41% David Archuleta
14% David Cook

SEE HOW YOUR METRO STATION VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://readexpress.com/pollcenter.php)

Blog LOG

"What did people expect from a PG film ... featuring characters with names like Racer X and Inspector Detector?"

THEDCUNIVERSE.BLOGSPOT.COM DOES NOT UNDERSTAND WHY SO MANY CRITICS HATED "SPEED RACER," ADDING, "[DID THEY EXPECT] DEPTH? PATHOS? THE MEANING OF LIFE?"



PATTY HANCOCK/SALISBURY DAILY TIMES/AP

"Ordinarily, I'm not a big fan of many days of rain, but I'm enjoying this big storm. Hard rain falling all day is so cinematic."

THEGOLDPUPPY.BLOGSPOT.COM HAS BEEN ENJOYING THE RECENT DOWNPOUR, ADDING, "HARD RAIN IS FUN WHEN THERE'S A CHOICE ABOUT WHETHER TO GET OUT INTO IT OR STAY NICE AND DRY INSIDE."



Discussions

Jenna's Wedding

Washington Post staff writers **AMY ARGETSINGER** and **MONICA HESSE** were online Monday to discuss all the known details of the Jenna Bush-Henry Hager wedding in Crawford, Texas, over the weekend.

Jenna looked really beautiful. Barbara looked like her head was on backward. Maybe it was just that picture; maybe it was the dress. I think she was doing the model pose thing where you keep your arm away from your body to make it look slimmer and you turn your

hips three-quarters and, oh, there's a whole set of guidelines somewhere. Pretty sure it doesn't involve putting your head on backward.

Is it me, or did the cake top look lopsided?

I, too, was convinced that the next photo in that sequence was going to be Henry scraping cake out of Jenna's hair after it toppled on her. Looked kind of perilous.

Fourteen bridesmaids, 200 guests and the ability and means to erect an altar and monument on the grounds doesn't equate to simple, in my humble opinion. Maybe I'm out of touch?

Now, now. Remember that the

14 attendants were not actually bridesmaids but were members of a "house party," which completely changes things.

So, Henry graduates from UVa. this weekend. Does that mean the European honeymoon will take place afterward, or are the honeymooners taking the cheapo, mini-vacation approach?

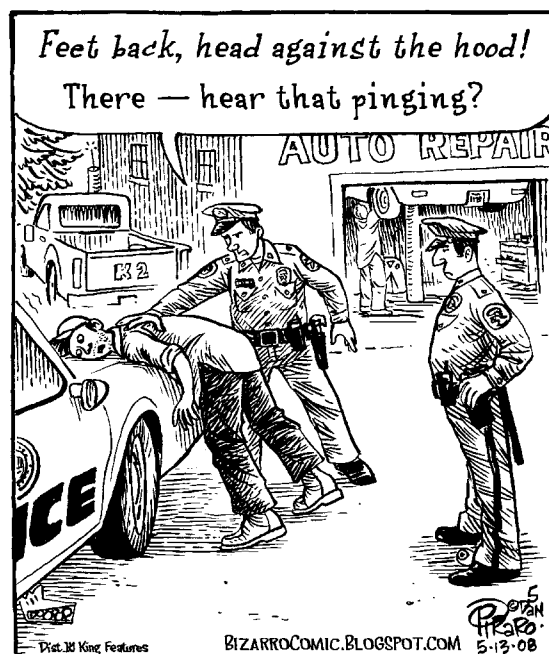
We are still puzzling over the honeymoon question. Unclear whether they're there now or whether they're doing this later.

TODAY ON DISCUSSIONS:

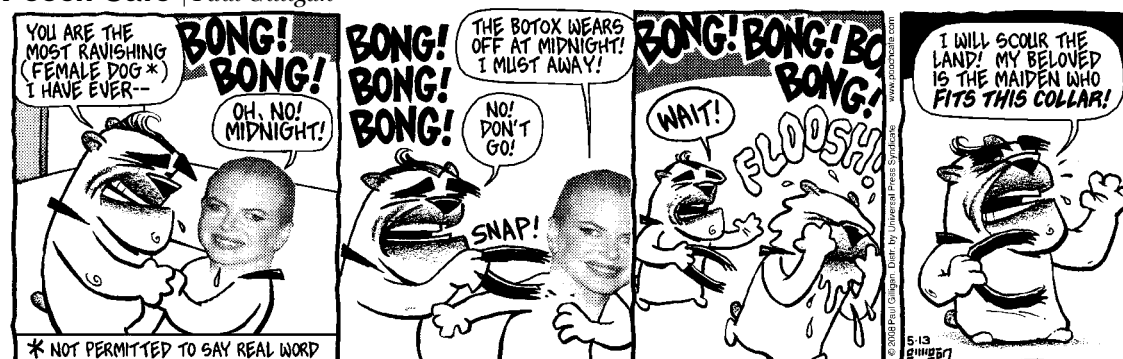
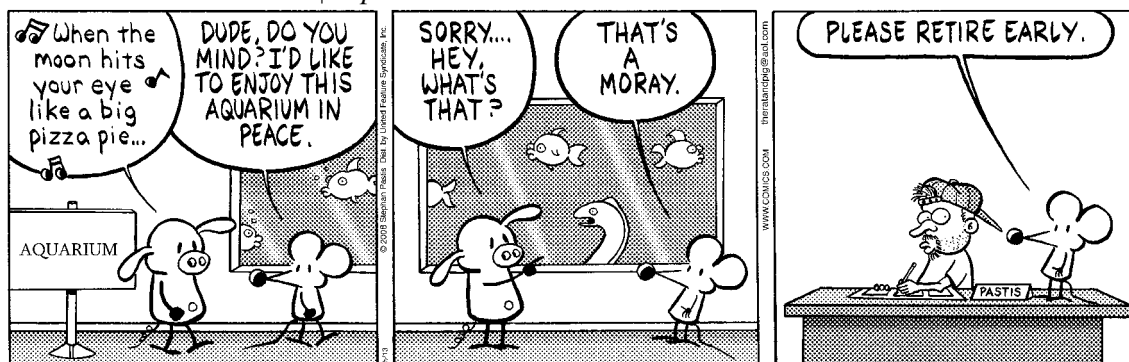
Washington Post music critic J. Freedom du Lac talks about the latest on the music scene at 2 p.m. | washingtonpost.com/discussions.

DO

VOICE YOUR OPINION ON POWER RATES, VIRGINIA. The State Corporation Commission says it has scheduled a public hearing on Dominion Virginia Power's request to raise rates about 18 percent due to higher fuel costs. State regulators will hear public comment on June 24 in Richmond.

Bizarro | Dan Piraro

Cornered | Mike Baldwin


Bob tries getting off on a technicality.

Pooch Cafe | Paul Gilligan

Pearls Before Swine | Stephan Pastis

The Duplex | Glenn McCoy


Horoscope

By Stella Wilder

TAURUS (April 20-May 20) It's time to share your interests and plans with others. The input you receive can help you to better shape your future efforts.

GEMINI (May 21-June 20) Make sure that apologies are sincere; there is little room for a repeat performance if you've offended others without reason or warning.

CANCER (June 21-July 22) Once you find yourself in a head-on confrontation with a moral opponent, don't back down. More is riding on this than your pride right now.

LEO (July 23-Aug. 22) You may be admitting more than you think. Be prepared to answer a few questions that you may think are out of line at this time.

VIRGO (Aug. 23-Sept. 22) You may be unusually moody and quick to lash out at those who are undeserving of your scorn. Make all apologies in a timely manner.

LIBRA (Sept. 23-Oct. 22) Physical ills can

be traced to physical overexertion and a few bad decisions yesterday. Take the time to recuperate and restore energy.

SCORPIO (Oct. 23-Nov. 21) You'll be playing the waiting game during the first part of the day, but later on you'll be the recipient of much that is wholly beneficial.

SAGITTARIUS (Nov. 22-Dec. 21) You'll find yourself traveling here and there and back again in search of something that may, in the end, be right by your side.

CAPRICORN (Dec. 22-Jan. 19) You're likely to pass a major milestone, but this should be reason to celebrate. Others will join you in looking ahead.

AQUARIUS (Jan. 20-Feb. 18) Your own individualism may threaten much that you've been working for with others lately. It may be time to fit it just a little better.

PISCES (Feb. 19-March 20) Fighting authority is not the way to go; rather, work with those in charge and see whether you can subtly and casually alter things to suit you.

ARIES (March 21-April 19) Focus on issues that revolve around domestic and spiritual questions. Can your belief system stand up against practical realities?



The "inverted Jenny" became an instant collector's item when it was released in 1918.

Today in History

1607 English colonists arrive by ship at the site of what became the Jamestown Settlement in Virginia. (The colonists went ashore the next day.)

1846 The United States declares that a state of war already exists with Mexico.

1918 The first U.S. airmail stamps, with a face value of 24 cents and featuring a picture of a

Curtiss JN-4 biplane, are released. (On a few of the stamps, the biplane was printed upside down; the "inverted Jenny" instantly became a collector's item.)

1940 In his first speech as prime minister of Britain, Winston Churchill told the House of Commons, "I have nothing to offer but blood, toil, tears and sweat."

1981 Pope John Paul II is shot and seriously wounded in St. Peter's Square by Turkish assailant Mehmet Ali Agca.

PostPoints DAILY CODE **IY**

LOOK out

People



David Byrne really liked "Transformers."

CREATIVITY

Next Project: Turn Capitol Dome Into a Giant Chia Pet

Ex-Talking Head **DAVID BYRNE** plans to turn the Battery Maritime Building in Lower Manhattan into a giant musical instrument. Sound will be produced through vibration. (AP)

CRIME

What Happens When You Guest-Star on 'Law & Order'



DENNIS FARINA was charged with a felony Sunday at LAX after a loaded gun was found in his carry-on bag. The 64-year-old actor said he had forgotten the .22 was in his luggage. (AP)



DIVORCE

Free as a Bird

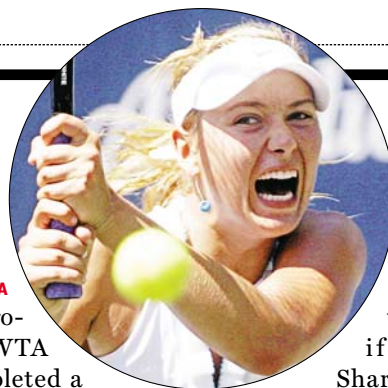
A judge in London granted a preliminary divorce Monday to former Beatle **PAUL MCCARTNEY** and Heather Mills. Mills, 40, will emerge from the divorce with a settlement of \$47.5 million but a damaged reputation. At the end of a hearing in March, Mills stole the show by emptying a pitcher of water on the head of McCartney's lawyer, Fiona Shackleton. (AP)

SPORTS

Tennis Diva Throws a Grand Slam Tantrum

MARIA SHARAPOVA

reached a compromise with the WTA Tour and completed a promotional photo shoot before the Italian Open began Monday. The second-ranked Russian was opposed to the shoot because she does not like distractions before tournaments and claimed the WTA



You wouldn't like Maria Sharapova when she's angry.

threatened to fine her more than \$300,000 if she refused. Sharapova launched her protest on her Web site two weeks ago and asked for fans' opinions. "I've obviously made my point," she said. "I wanted to let my fans know that I didn't feel like people were listening to me." (AP)



Desi Arnaz directly engendered Fez. For this he will pay.

HERITAGE

Valderrama Besmirches a Legacy; Has 'Splainin' to Do

WILMER VALDERRAMA will present "A Tribute to Desi Arnaz" on Saturday night as part of the Lucy-Desi Days Memorial Day Week-end festival. He'll do a question-and-answer session about Arnaz's work and show some clips of his favorite scenes. Valderrama, who played Fez on "That '70s Show" and hosts MTV's "Yo Momma!," said he's always been inspired by Arnaz as a performer and a Hispanic American. (AP)

Outstanding Distributor Elliah Munah

"Who has a great big smile and warm welcome every morning of the work week? It is Elli at the Ballston Station! Congratulations to Elli for the great job that he does every morning on greeting the commuters and placing the news of the day in their hands."

— Ballston Metro Rider



express

A publication of The Washington Post



To recognize an outstanding distributor, please email circulation@readexpress.com. Please include your name, city and metro station.

XX008

Express delivers.

Express delivers over 280,000 readers every weekday morning.

Advertise in Express.

For information call:

202-334-4532 • Bars/Clubs, Education, Entertainment, Maryland/D.C. Retail, Restaurants, Travel, Charities

202-334-4130 • Real Estate, Home Furnishings, Technology, National Retail, Specialty Stores, Financial

202-334-4385 • Health, Virginia Retail, Apartments, Automotive, Jobs

express

A Publication of The Washington Post

XX569 1X5

GEORGETOWN UNIVERSITY

CENTER FOR CONTINUING & PROFESSIONAL EDUCATION

Build your IT skills

at our Arlington site on the Metro Line

Multi Certificate

(A+, Network+, MCP, CCNA, Security+)

Starts June 4

Zend PHP Certification Prep

Starts June 14

Oracle 10g Database Administration

Starts July 1

MCSE

Starts August 11

Certified Information System Security Professional (CISSP)

Starts August 16

Web Design

Starts August 16

Advanced Web Development

Starts September 6

Enroll Today.

Visit <http://ccpe.georgetown.edu/it> or call 202-687-4504.

LOOK out

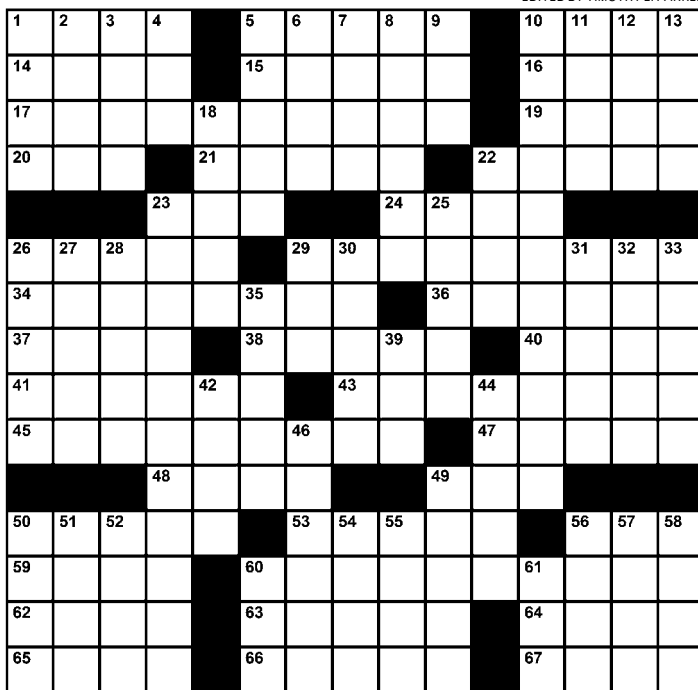
CROSSWORD | MAKE A FIST

ACROSS

- 1 "Into ___ life
some rain must fall"
(Longfellow)
5 Showy display
10 Answered a
charge
14 "God's Little ___"
15 Wild West
outlaw's
comeuppance
16 Word used to
calm people down
17 Sign from Ebert
19 Gently sloped hill
20 Alfred Kinsey
research topic
21 Gibson's
"Ransom" co-star
22 Worn down?
23 Word with "east"
or "date"
24 Wood sorrels
26 Canary Islands
country
29 Deal sealer
34 Unsafe thing in a
room full of rocking
chairs?
36 America's only
divorced president
37 Public panic
38 Brief brawl
40 Simpson imp
41 In the arms of
Morpheus
43 Less attractive
45 Hand-held device
47 Funny guy Bruce
48 Font size selection
49 Web site revenue
sources
50 Subject of
Montezuma
53 Silk with a wavy

DOWN

- 56 Tense start?
59 In the area
60 Canapes, e.g.
62 Lady of the knight?
63 Playwright
Chekhov
64 Jamaican hybrid
fruit
65 Husky load
66 Shopping hub of
old Athens
67 Shed
1 Hash-house
flasher
2 Reason for an ice
pack
3 Central feature
4 Bottom line in the
fashion world?
5 Follow
immediately
6 North Atlantic food
fishes
7 Water closets
8 In a faint
9 Gymnast's reward
10 Some refrigerator
contents
11 Put down, as
carpet
12 Being, to Brutus
13 Color changer
18 Main impact
22 Simplicity
23 Deranged
25 Type of drive
26 Consign to the
junkyard
27 Monetary unit of
India
28 Ring around a
lagoon



EDITED BY TIMOTHY E. PARKER

- 29 Step on it, old-
style
30 Even if, shortened
31 Choreographer's
command
32 Singing Carpenter
33 Log jotting
35 Butcher's jelly
39 Two-year-old
42 "Roots," for one
44 Senior church
official
46 Crippling
49 Place for a
match

- 50 Common
conjunctions
51 Fanatic's
quality
52 Not exactly
thrilling
54 "___ victory!"
55 Stravinsky or
Sikorsky
56 Comic swamp
dweller
57 Throw the dice
58 Mince words?
60 Air-traffic agcy.
61 "Fifo" follower

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so
each row, column and
3-by-3 square includes
the digits 1 through 9.
See www.sudoku.com
for solution, tips and
computer program.

Need more Su/doku?

Find another Sudoku
puzzle in the Comics
section of the Post
every Sunday and in the
Style section Monday
through Saturday.

Yesterday's Solution

6	8	9	1	7	4	3	2	5
5	1	7	2	9	3	4	6	8
3	2	4	8	6	5	9	7	1
9	3	2	5	4	8	7	1	6
4	5	6	9	1	7	8	3	2
1	7	8	6	3	2	5	9	4
8	4	3	7	2	6	1	5	9
7	6	1	4	5	9	2	8	3
2	9	5	3	8	1	6	4	7

5			4			8		6
		4			7			
6	9		5				3	
				7		5		
7								8
		2		4				
	6				2		4	9
			7			1		
1		9			4			7

© PUZZLES BY PAPPOCOM

express

PUBLISHER—CHRISTOPHER MA | GENERAL MANAGER—ARNIE APPLEBAUM | EDITOR—DAN CACCAVARO | WEB SITE EDITOR—GREG BARBER
ART DIRECTOR—SCOTT MCCARTHY | ASSISTANT MANAGING EDITORS—HOLLY MORRIS, MATT SWENSON | ARTS EDITOR—ARION BERGER
FEATURES EDITOR—JENNIFER BARGER | SECTION EDITORS—KATIE ABERBACH, KRIS CORDONADO, KARMAH ELMUSA, VICKY HALLETT, IAN

HERBERT, CHRISTOPHER PORTER, DUSTIN WEAVER, DARONA WILLIAMS, CLINTON YATES, FIONA ZUBLIN | ASSISTANT ART DIRECTOR—ALYCE JONES | EDITORIAL
DESIGN—MARCIA HARDER | COPY CHIEF—AIMEE GOODWIN | PRODUCTION SUPERVISOR—MATTHEW LIDDI | PHOTO ASSISTANT—CHRIS COMBS | PHOTOGRAPHER—
MARGE ELY | PUBLISHED BY EXPRESS PUBLICATIONS LLC PO BOX 17370, ARLINGTON, VA 22216 | A SUBSIDIARY OF THE WASHINGTON POST COMPANY
TEL: 703-469-2800 | FAX: 703-469-2831 CIRCULATION: 202-334-6992 | ADVERTISING: 202-334-6025 OR ADS@READEXPRESS.COM | CLASSIFIEDS: 202-334-6200



IS YOUR GOLD collecting MOLD?

SELL IT FOR CASH!!!! Dig in those safe places and sell your unused, scrap, broken, or old gold. Don't miss out on this opportunity. Crown Pawnbrokers has been serving DC since 1939. Confidential and professional, all you need is 2 ID's. **Call or stop by (202) 332-2522**

- Broken Gold • Unwanted Jewelry
- Gold Coins • Scrap Gold Pieces

Crown Pawnbrokers 1726 14th street NW
Washington DC 20009
(close to U st Metro)

Mon-Fri
10-5 /
1st Sat
12-5

IRS PROBLEMS?

LET THE JK HARRIS TAX TEAM FIGHT FOR YOU!

"...the (Nation's) most successful (in terms of size) tax-resolution company."

—The Wall Street Journal

Free Tax Settlement Analysis:

Confidential Interview by Appointment Only

800-765-3007



JK Harris & Company® Call for an Appointment Near You

www.lowerbacktaxes.com

Free Special Report: "How to End IRS Problems"

877-451-9111

We Also Negotiate Defaulted Student Loans

800-499-0951

*not an endorsement
by the WSJ

The Nation's Largest Tax Representation Firm

WESTWOOD TOWER APARTMENTS



- Minutes To Friendship Heights
Metro and Bus Service at Entrance
- Fantastic Views
- Walk To Shopping and Restaurants
- Near Three Blue Ribbon Schools
- 24 Hour Front Desk with Concierge
- On-Site Fitness Center
- Garage and Off Street Parking

Better Way To Live In Bethesda
2 Bedrooms from \$2,068

Ask about our specials! All Utilities Included

McShea 866-269-8886

5401 Westbard Avenue, Bethesda, MD 20816



Struggling With PMS?

Depressed? Irritable? Mood Swings?

You may be interested in participating in premenstrual syndrome research.

To participate, you should be:

- Experiencing mood changes related to your menstrual cycle
- 18-50 years old with regular menstrual cycles
- Medication-free, including birth control pills and vitamins

Thorough evaluation provided at no cost.
Financial compensation for participation
may be provided.

Evening clinic hours available.

Call Linda Simpson-St. Clair:

301-496-9576

(TTY: 1-866-411-1010)



The National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services



Put all your accounts together in one convenient place.



Our three Banking Packages let you combine all your accounts and earn rewards.

Combine: {
✓ Checking
✓ Savings
✓ Home Equity
✓ Mortgage
✓ Credit Card
✓ Money Market Accounts

Get: {
✓ Consolidated Statement
✓ Free Savings &
Money Market Accounts
✓ Variety Of Other Free Services
✓ Opportunities For Preferred Rates

Learn more about our Platinum, Silver and Preferred 50 Banking Packages.
Visit any branch, go to chevychasebank.com, or call us at 301-987-BANK
or 1-800-987-BANK (out-of-area).

The Leading Local Bank
CHEVY CHASE® BANK



fit



Kiwi fuzz is fab for your health, so toss out your peeler **E7**



Yoga gear goes preppy with a new, brightly hued line from J.Crew

E3



A local bike shop uses rides to better the community **E5**

express

READEXPRESS.COM | EXERCISE, NUTRITION AND WELLNESS TO MAKE YOU LOOK AND FEEL YOUR BEST | MAY 13, 2008



GETTY IMAGES

BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

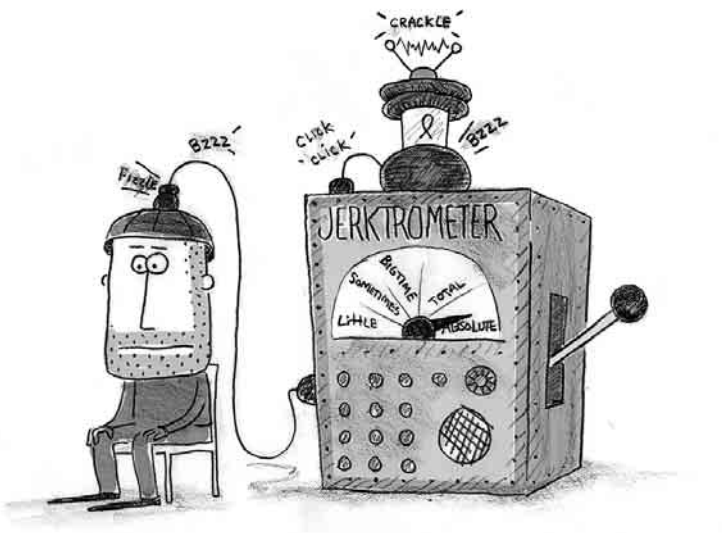


When Your Sis' Dude Is a Dud

Q My older sister is involved with a guy who my family despises. I have personally seen him out with another girl. He has stolen money from her and has been suspected of peddling drugs out of her home. My family and I don't understand her infatuation with this loser. To top it all off, she just gave birth to their first son in March! Please give me some advice about how to maintain a loving bond with my sister while also dealing with the fallout of her relationship drama. Just for the record, I will never like him!

— SISTER SEEKING A SOLUTION

So, just to clarify — you're writing in to nominate your sis' guy for man of the year?



ERIC REECE

You're in an awful position. You're being forced to watch someone you love get treated like dirt and refuse to say, "Uncle." But I think the best you can do is change your tactics and adopt a more positive tone when talking to her. (I think

I can hear you gagging.)

The way to get someone to see your point of view is to build her up, not knock her down, and your sister's choices make her self-esteem seem dangerously low as it is. Now that she's in so deep, every attack

you lob at her probably resonates with her as an attack on her tastes, her choices, her loves and now, her family. Each accusation means she's less likely to see the light, as she'll instead be focused on defensively building a wall to shield herself from your disdain.

As hard as it will be, you have nothing to lose by stopping the criticism and instead just being there for her, especially now that there's a baby involved.

This doesn't mean you have to send the guy flowers or even endorse their relationship. But it does mean that every time you see your sister, you need to work to reinforce the idea that she is a person of worth who you love unconditionally.

When that is solidified, you can eventually use it as a springboard for a less accusatory talk about how you're worried that she's not taking good care of herself (or, more sadly, her son). But until then, if you want to build the bridge, you have to put away the explosives.

Off-Limits vs. Fair Game

Q In your opinion, is it a bad idea to start a relationship with your sister's ex-boyfriend?

— JUST HYPOTHETICAL

Wait. Did you also write the previous question? There's no real right or wrong, of course, but here are a few variables (besides your sister's feelings!) to consider: the intensity and duration of their relationship, the time since the breakup, the reason for it, and whether you mind whether your life resembles "All My Children." Even if your sister says she's OK with it, she might not be when backs are rubbed and hands are held. In short, proceed with caution.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.



**SARAH SEYMOUR:
ALWAYS FINDS
HER STYLE**

With hundreds of frames,
Sterling Optical has your style, too.

Complete Pair of Eyeglasses **\$100 off**
&
2nd Pair **FREE**

Min. purchase after discount \$99. Max. discount \$100 on 2nd pair. Must present coupon at time of purchase. May not be combined with any other offer, discount, insurance plan or package. Prior purchases excluded. Other restrictions may apply. See store for details. Expires 5/31/08.

Eye Exam & Complete Pair of Prescription Eyeglasses

\$99

Eyeglasses include clear, single-vision, plastic lenses +/-4.00 sph., -2.00 cyl. and frame from the Sterling Super Saver collection. Some prescriptions at additional charge. Also includes eye exam, fitting and follow-up visit. Must present coupon at time of purchase. May not be combined with any other offer, discount, insurance plan or package. Prior purchases excluded. Other restrictions may apply. See store for details. Expires 5/31/08.

Contact Lens Package

\$119

Includes Exam & 2 Boxes of Disposable Contact Lenses

Contact lenses are 2 boxes of Sterling 55 or EasyWear disposable contacts. Must present coupon at time of purchase. May not be combined with any other offer, discount, insurance plan or package. Prior purchases excluded. Other restrictions may apply. See store for details. Expires 5/31/08.

REPAIR OR REPLACE YOUR FRAME UP TO 3 TIMES FREE WITH THE NO-FAULT WARRANTY. ASK FOR DETAILS.



**Sterling
OPTICAL**
See What You're Missing



1900 M Street NW • Washington, DC
(202) 728-1041

1-800-EYES-789

We Accept Most Health Insurance Plans
We Welcome Federal Employees



Schedule your appointment
online at STERLINGOPTICAL.COM

Mr. MAGOO and associated character names, images and other indicia are trademarks of and copyrighted by UPA Productions of America, Inc. All rights reserved.

GET THE WEIGHT OFF NOW! IN OUR RUN/WALK AND LIFT PROGRAM

- For Men and Women • Get Firm and Tight Core
- "Morning, Afternoon, Evening Sessions" • Special classes for 40+

Avoid those large crowded personal training Boot Camp Classes



GET TOTAL ATTENTION
in our small classes and get a
"Super Personal Training Workout"

- "Get real results in as little as 4 weeks"
- "Lose inches, pounds, and body fat"

Sign Up Online Now! www.gijanefit.net

GI JANE BOOTCAMP Open Mon-Sat
5 am - 8 pm

Call for our Convenient
Capitol Hill location

202-547-7906

Refresh Restore & Revitalize Your Skin

We Specialize in
Male and Female Skin

- ✓ Laser hair & vein removal
- ✓ Titan skin tightening
- ✓ Treatment of age spots & sun damage
- ✓ Botox & facial fillers
- ✓ Lipo-sculpting
- ✓ Genesis skin treatment



Karen Lawson, MD
Alexis Parnell, FNPC
703-465-1916
4001 9th Street North, Suite 216
Arlington, Virginia 22203

Schedule a
FREE
consultation
today!

klawsonmd.com

2 blocks from the Ballston Metro



**1 FREE LASER
RESURFACING TREATMENT**
WITH PURCHASE OF
ANY PACKAGE

\$300 VALUE

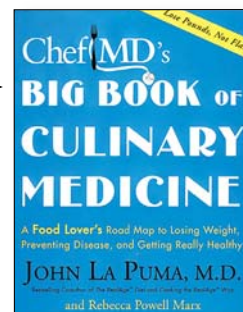
THE CHIPS ARE UP

Pardon us for typing with our mouths full, but Brothers-All-Natural Potato Crisps (Brothersallnatural.com) are too addictive to put down. The concept sounds weird — chips made by freeze-drying rather than by baking or frying — but it produces a light product with a satisfying crunch (and just 35 calories per serving).



DIET DOCTOR

When a physician studies cooking with famed chef Rick Bayless, you get John La Puma, ChefMD. His "Big Book of Culinary Medicine" (\$25, Crown) lists his 50 favorite ingredients and then explains how to cook with them to get the greatest health benefits. Got insomnia? Order up a shrimp and egg burrito.



BOTTLED UP

No males in our office responded to requests that they drink XSTREAM Energy (Drinkxstreamenergy.com), which is meant for impotent men and boasts the aphrodisiac Yohimbe. But that was probably for the best — one sip of mango punch or pomma punch is enough to turn almost anyone off.

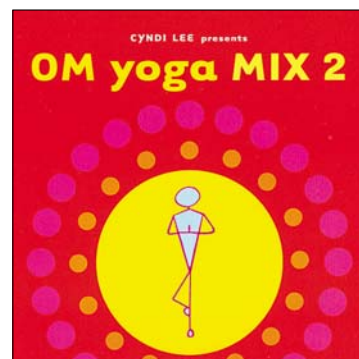


PREPPY POSE

None of the items in J. Crew's new yoga line come in madras or are covered with critters ... yet. But the products (like leggings, \$55, pictured, as well as camis, pants, shorts and accessories, available in an array of colors at Jcrew.com) promise to be in luxurious fabrics that will hold up no matter how much you're saying namaste in Nantucket.



GUINEA PIG



Mixing It Up

■ The premise behind "OM yoga Mix 2" (\$16, Dharma Moon) is that you'll have the right tunes to get you through a practice. In fact, the inside of the case even features a little stick figure demonstrating a possible accompanying flow, developed by Cyndi Lee of New York's OM yoga Center.

But we thought the better test of its efficacy would be to make it our sound track during a particularly stressful day, specifically, the deadline for this very section.

And although sitting hunched at a desk is perhaps the farthest thing from yoga one can do, listening to the mix was in turns soothing (track 2, "Devi Puja" by Prana & Krishna Das), energizing (track 4, "Freeze" by Kodomo) and relaxing (track 9, "Kiss of Bliss" by Steve Gorn & Jamie Lawrence).

Computer glitches and ill-fitting headlines were no match for the chill blend. (Although the party next to our office belting Jimmy Buffett was another story.) We can only imagine how well it would go with warrior two and triangle. VICKY HALLETT (EXPRESS)



Where technology meets tranquility

Dr. Rex H. Hoang, DMD, PC

**You Owe It To Yourself To Try Laser Dentistry.
No Shot, No Drill, No Pain**

Laser & Spa Dentistry, Power Bleaching,
Invisalign & More

\$99* New Patient Special
EXAMINATION, X-RAY
AND CLEANING

Experience Laser Dentistry
And Go From Fearful...to **FEARLESS!**

Employment opportunities available.
Please e-mail resumes to
dcdentalspa.jobs@gmail.com.

DUPONT CIRCLE
1325 18th Street, NW • Suite 203
Washington, DC 20036
Hours: 7 am - 9 pm

FOGGY BOTTOM
Opening
Summer 2008

Call DC Dental Spa for an appointment today!

www.dcdentalspa.com

FREE CONSULTATION
202.833.8724



THE SKINNY

Navigate D.C.'s Bike to Work Day

■ Hold onto your handlebars and grab your helmet, because there's tons to know about what's going on around town for Bike to Work Day this Friday. The exhaustive source for all things on wheels is the Washington Area Bicyclist Association's Web site (Waba.org), but here's a summary of the highlights.

BREAK TIME: The office might be your final destination, but be sure your route takes you to one of the 26 regional pit stops, where you can gather with your fellow spokes folks. While you have to register in advance to be eligible for prizes, anyone can snag some snacks (we've heard rumors of Dunkin' Donuts) and enjoy live entertainment.

The big daddy is the D.C. stop at Freedom Plaza, where bike aficionado Mayor Adrian Fenty may be on hand to hear the Tune-Ups serenade him (for more, see "Trail Blazer"). Plus, a bunch of D.C. Council members will be speaking. But the 'burbs will celebrate cycling in grand style as well, from Leesburg to Frederick.

MAP QUEST: Timid about taking to the streets for the first time by yourself? There's safety in numbers, so look for a commuter convoy headed your way. There are 25 leaders ready to show you how to handle routes like McLean to downtown D.C. and Hyattsville to Bethesda. No need to sign up in advance. Just be sure to be at the meeting spot (again, listed at Waba.org) at the appointed time. Maybe you'll find a commuting buddy to help you keep up the habit.

And, remember, there aren't official convoys headed back in the evening. So, if you're worried about getting home in one piece, let your convoy leader know you want to tag along.

FREE RIDES: Just because you don't have a bike doesn't mean you can't play. Bike and Roll (Biketbsites.com) is offering free rentals. Call ahead to reserve a bike (202-842-2453), then pick up your wheels on Thursday between 5 p.m. and 7 p.m. There's a downside, though: Bikes need to be returned Friday between 8 a.m. and 10 p.m. So, if you want to go back home that day, you'll be doing it sans cycle.



DDOT's Jim Sebastian shows one of the 120 cherry-red bikes that will be used to cruise around the District by month's end.

A Wheel Deal in D.C.

SmartBike gears up to let locals rent a ride from downtown racks

Washingtonians, prepare to see red while locked in rush-hour gridlock. Don't worry — it's not more traffic angst. It's the 120 cherry-hued cruisers about to be unleashed on the streets for SmartBike, a rental service for two-wheelers.

When it launches later this month, SmartBike will be the first bike-sharing program in the country. In the mold of successful Euro-

pean projects, like Paris' Velib and Barcelona's Bicing, it's meant to give folks a dose of exercise and convenience. A \$40 annual fee (\$30 for Washington Area Bicyclist Association and Zipcar members) enables riders to check out a bike for three hours for free.

"It could be people going to lunch, the doctor or the Metro," says Jim Sebastian, manager of the Bicycle, Pedestrian and Transportation Demand Management Programs at the District Department of Transportation. "Those kind of people, those kind of trips."

It's taken five years to gear up for such an innovation. But funding

finally materialized when DDOT incorporated the racks into a bus shelter advertising deal with Clear Channel Outdoor. Now the 10 racks are finally being cemented in place (mostly around downtown Metro stop, and all in Northwest), and the bikes are just about ready to roll.

And already they're about to face some competition from across the river. Arlington is right on D.C.'s heels with its own bike rental program, set to launch this fall.

The details are still a bit fuzzy, but Paul DeMaio, bicycle promotions and car-sharing manager at the Arlington Division of Transportation, predicts at least 100 bikes will

be available, scattered throughout the Rosslyn-Ballston corridor.

"People aren't going to need to get from one Metro station to another," DeMaio says. "They're going to need to go to the library, grocery stores, coffee shops. Having these racks located every 300 to 500 feet would make it easier for people to get around."

The two programs will work slightly differently. SmartBike customers can get wheels off electric racks with a swipe of a membership card, while Arlington is considering a digital service in which users could unlock their rides via cell phone.

DeMaio anticipates an annual fee but says Arlington will also offer a weekly membership for tourists and those who want to try the system without making the yearlong commitment.

WABA Executive Director Eric Gilliland says the dual programs demonstrate how far bicycling has come in the Washington area.

"It's not just the 'men in tights' — the guys out training or the hardcore commuters. It's accessible to everyone," he says.

That includes Sarah Roque. The 31-year-old usually bikes from her Bethesda digs to her day job at the Department of Justice on a hybrid she bought off Craigslist. Even so, she often finds herself without wheels when she wants to take a quick daytime excursion. "I would love to go to certain places on an hour lunch break, but you just can't get over to the Mall," she says. "I think this is a great idea."

She'll have to remember to pack her helmet, though — unfortunately, although wearing protective gear is encouraged, it won't be part of the rental deal. KRIS CORONADO (EXPRESS)



TRAIL BLAZER

Riding High Notes

■ If free Dunkin' Donuts and City Bikes raffle prizes aren't enough to tempt you to put your mettle to your, uh, pedal on Friday's Bike to Work Day, listen to this (and think of the melody of the Village People's "In the Navy" while doing so):

"Bike commuting! Yes you can get to work with ease. Bike commuting! Yes, you can save a bunch of trees!" Want to know the rest? Go to Freedom Plaza (8-9 a.m.) to hear the bike choir, the Tune-Ups. No, they're not singing while cycling. They will, however, be onstage harmonizing while wearing spandex.

"We're not all good singers," admits Heidi Goldberg, pictured left, who founded the group five years ago. "Choir is a very loose word for what we are." There are some who have never sung before in their lives." The dozen members range in riding level, too, from bike commuters to professional racers. One thing they have in common? Their love of belting it out about biking.



Join in! They'll pass out song lyrics.

For the past month, they've met weekly at Goldberg's Mount Pleasant pad to practice. ("I don't know how my neighbors feel about it.") Typically, this is their only event of the year, but Goldberg says they'd sing at other cycling events, too, and always welcome new members (Heidigoldberg@hotmail.com).

Their catalog is growing. Listen for "Everyone Knows It's Fenty" in honor of the mayor/rider. Will Goldberg give a taste of The Association remake?

"The mayor looks oh-so fly," she sings, "in spandex tights." Duh. k.c.



Phoenix Bikes director Colin Dixon stands in front of the shop in Barcroft Park in Arlington. He's hoping to relocate the shop.

Pride in a Sweet Ride

Arlington's used bike shop teaches kids how to mend their own wheels

When you think of bikers, perhaps you think spandex. Or maybe one rolled up jeans leg and a messenger bag. Either way, "community organization" probably doesn't spring to mind. Enter Phoenix Bikes (4200 S. Four Mile Drive, Arlington, 703-575-7762, Phoenixbikes.org).

The one-year-old Arlington nonprofit hawks used cycles (a rarity in the D.C. area), offers discount repairs (though they might take longer than the typical bike shop) and teaches middle- and high-schoolers basic mechanic skills to get them psyched for owning wheels of their own — which they can eventually do through the Earn-a-Bike program.

"It's cool to see, because a lot of the kids come in and they haven't found their niche, and they're a little bit awkward," says director Colin Dixon. "But in two more weeks, they have a friend that comes in and they're showing off their bike-riding tricks, and they're telling their friend how to fix this crank or patch this tire."

The project arose from the ashes of Community Spokes — an Arling-

ton County bike program that closed in 2006 — when a gang of do-gooders (including Dixon) decided to save the space and equipment for a similar venture. Community members donate bikes, which get refurbished by the kids and volunteers, who then sell the sets of wheels for about \$70, as opposed to the much larger chunks of cash one would spend for a new bike elsewhere. Mechanics hold weekly workshops to teach community members basic bike maintenance.

And Dixon and pals also take the 80 kids registered for their programs on bike outings — two weeks ago they headed out by

“They’re showing off their bike-riding tricks and telling their friend how to fix this crank.”

Eastern Market to watch a bike polo tournament.

"They didn't do too much dumb stuff while riding around D.C.," he says. "They just were really excited to be out on their bikes and exploring something new."

With that kind of a vibe, it's no wonder the Washington City Paper just named Phoenix Bikes its editors' pick for the area's best bike shop. But it's not an easy ride. As with most nonprofits, Phoenix relies heavily on volunteers, and their passions can be fickle.

"I'm sure there will be some burnout to some degree, so, hopefully, we'll figure out a way to manage that," Dixon says.

Though it has an advantage over other nonprofits — Phoenix sell bikes, and thus has a built-in source of revenue, however paltry — neither Community Spokes nor Chain Reaction, a similar program in D.C., lasted more than six years.

After making it through one year unscathed, though, Dixon's hopes for the future are high. And the place certainly knows how to throw a good party. To celebrate its first birthday, the shop held a bash showcasing some of the oddest bikes around. One was plastered with carbon fiber in the shape of a spider web. Another was built of bamboo. A third, hooked up to a blender, was used to make smoothies for party guests.

But the most impressive bike on display was the Legnano SS, constructed and customized with the help of a group of kids from Phoenix Bikes. FIONA ZUBLIN (EXPRESS)

Are You Suffering From Skin Irregularities?

Call Today for a consultation (202) 234-3531

- Acne
- Broken Capillaries
- Blackheads & Whiteheads
- Clogged Pores
- Cholesterol Deposits
- Ingrown Hair
- Razor Bumps
- Skin Tags



emcbeautyclinic.com

EMC BEAUTY CLINIC

Dupont Medical Building | 1234 19th Street, NW, Suite #600 | Washington, DC

Experience the Dentist EVERYONE is Talking About!



You Can Have Healthy Teeth and Gums that Last a Lifetime!

Dr. Minovi will *answer all your questions* about the health of your teeth and gums.

Dr. Minovi is a *gentle, knowledgeable* dentist who will take time to explain your treatment. Our *friendly* staff will care for you in our *comfortable* office.

Call Today!

NEW PATIENT OFFER

\$70

OFF ANY TREATMENT

(Valid for new patients only)

DrLizaMinovi.com
(202) 822-8777

Dr. Liza Minovi

1234 19th St., NW, Suite 400, Washington, DC 20036

For more information please visit:
www.tm.org
Or call:
888 LEARN TM

The Transcendental Meditation® Technique

The TM technique is the most effective, most researched program to eliminate stress, lower blood pressure, extend longevity — and unfold creativity

American Journal of Hypertension, January, 2005
American Journal of Cardiology, May, 2005

FREE INTRODUCTORY PRESENTATION
Every Saturday, at 1 PM
Bethesda Peace Place
5420 Edson Lane, North Bethesda, MD
Call 301-770-5690 for more information
*2005 Maharishi Vedic Education Development

A photograph of a woman's legs from the knee down, wearing a white, fringed dress. She is standing on a sandy beach with the ocean and a clear blue sky in the background. Her right hand is visible, holding a small ring.

RESTORE THE HEALTH AND BEAUTY OF YOUR LEGS

SUMMERTIME SPECIAL 1/2 OFF
COSMETIC VEIN CORRECTION



THE VEIN CLINIC OF WASHINGTON

5454 Wisconsin Avenue, Suite 1040
Chevy Chase, Maryland 20815

301.270.VEIN (8346)

The only regional clinic offering both laser and radiofrequency treatments of spider and varicose vein disorders.

Treatments are covered by most insurances and patients typically walk away from the procedure and are back to everyday activities within a day. The procedures are performed by Samir Neimat, M.D., board certified CardioVascular Surgeon who has been Washingtonian's "Top Doctors" for fourteen consecutive years.

Place your trust in the hands of a CardioVascular Surgeon with over 30 years experience. Call us today to schedule your complementary physician evaluation, 301-270-VEIN (8346).

Visit us online at www.veinclinicofwashington.com

EATINGIN



TOMATO AND HERB SOUP

Soup can be a great healthy and filling lunch or supper, but only if you choose the right one.

INGREDIENTS

- 2 TSP extra-virgin olive oil
- 1 medium sweet onion, chopped (about 1 cup)
- 4 large ripe tomatoes, diced (about 4 cups)
- 3/4 CUP water
- 1/3 CUP reduced-fat sour cream
- 1 TBSP chopped fresh tarragon
- 1/4 TSP salt
- Freshly ground black pepper, to taste

TIME: 25 MINUTES; SERVES: 4

IN A MEDIUM SAUCEPAN, heat the oil over medium. Add the onion and saute until softened, about four minutes. Add the tomatoes and water, then bring to a boil. Reduce heat and simmer until the vegetables are tender, about five minutes.

Transfer the soup to a food processor or blender and puree until smooth, in batches if necessary (use caution when blending hot liquids). Set a strainer over the saucepan. Pour the puree through the strainer, pressing on the solids with a wooden spoon or spatula to extract as much of the pulp as possible; discard the seeds and skin.

Whisk the sour cream and tarragon into the soup. Stir over low heat until the soup is hot, but not boiling. Season with salt and pepper. (AP)



PER SERVING: 108 calories; 4g fat (1g saturated); 7mg cholesterol; 15g carbs; 4g protein; 3g fiber; 176mg sodium

Take on Muscles and Menus

Verve Fitness offers a workout paired with a nutrition lecture

The questions started whenever Segha Songha wrapped up one of his group exercise classes. “What should I eat before I work out?” clients wanted to know. “What should I eat for breakfast?” they demanded. So, he decided to make the Q&A official with Food and Fitness, a class that’s half-total body workout, and half-lecture/discussion about eating right.

work it out

corn syrup), package label wording (“Define the word ‘fresh’”) and what constitutes “food.”

The handouts serve as a jumping-off point for the day’s topic and encourage group discussion.

What It’s Not

Although Songha knows plenty about food, and has lots of personal tricks to share (“Coconut water. I call it nature’s Gatorade,” he reveals), it’s not really his field. “If you want a specific diet, you’ll need to talk to a dietitian,” he says.

Workout

Physically, you’ll hit the major muscle groups each week with different moves. Songha favors body-weight exercise, and likes pairing people off to keep the energy level high — tossing around medicine balls, for example. “My body hates me now, but it’ll love me later,” Clare Miller, 34, declared after her first class. But because it’s a small group, it’s easy for him to modify the intensity for each person. On the mental side, it’s not so taxing, mainly because the vibe is more like friends hanging out than a cutthroat college class.

Crowd

So far, it’s been an all-female crew of varying ages and abilities. The one constant other than gender is the group’s desire to understand how to balance diet and exercise.



MARGE/EXPRESS

TEST TIME: Students sit on their exercise mats and fill out nutrition worksheets.

They’re ravenous for information about everything from cultural influences to condiment choices. “You feel you can ask stupid questions,” Miller adds.

What You’ll Learn

Most students know that losing weight is a simple formula of burning more calories than you consume, but counting can be tricky. “Want to know the average calories in one of those creamy drinks with an umbrella?” Songha asks during a discussion on alcohol. As soon as he says, “800,” a gasp goes through the room.

He also clears up misconceptions

that people often have about products: “Real means nothing. ‘Made with real alligators.’ You can put a drop of alligator in there and say that.” And he touts fruits, vegetables, grains and anything else that’s packed with nutrients (and not sold in a package).

It’s changed the way class regular Kathy Seltzer, 57, buys groceries for her family. “Now we’re mindfully shopping and eating, looking at ingredients more closely,” she says.

VICKY HALLETT (EXPRESS)

Held at Verve Fitness, 1100 Wilson Blvd., Arlington. Fridays at 12:30 p.m. 703-465-8100, Vervehealthandfitness.com



CHEW ON THIS

Appeal of the Peels

■ As far as our mouths are concerned, the prime real estate of any fruit is the soft, juicy middle. But some of the most health-protecting antioxidants are found in the peel. These edible casings are worth the jaw workout.

APPLE Research from Cornell University has found that the chewy apple peel has up to 87 percent more cancer-fighting phytochemicals than the sweet white flesh inside. Tip: Dip your slices in creamy peanut butter to mask the skin’s texture and deliver a powerful protein-carb combo.

CUCUMBER The peel of this very low-calorie fruit is made of silica, a building block of skin-plumping, wrinkle-preventing collagen. Tip: Go organic. Regular cukes usually are treated with a coat of gack-inducing wax to preserve their shelf life, whereas organically grown ones often are left naked.

EGGPLANT Strip one of these purple babies and you’re out 300 mg of nasunin, an antioxidant that may prevent brain-cell damage. Worse, you lose 200-plus mg of muscle cramp-preventing potassium, 13 mg of immunity-building magnesium and 3 g of belly-slimming fiber. Tip: If it’s nestled in low-fat cheese and sauce, you’ll never notice that the eggplant in your eggplant Parmesan wasn’t peeled.



KIWI Chemical compounds in the fuzzy peel have been found to fight off bugs like staph and E. coli. Tip: Don’t want to feel like you’re eating a caterpillar? Pulverize your kiwi in a smoothie, cut paper-thin slices and mix them into salad, or bite right into the new gold variety, which has less fur.

ORANGE The outer peel contains d-limonene, the mortal enemy of UV rays. A University of Arizona study found that eating 1 tsp of orange peel per week reduced skin cancer risk by 30 percent. Tip: Instead of biting into the rind, sprinkle orange zest into salsa and salads. (REPRINTED WITH PERMISSION OF WOMEN’S HEALTH MAGAZINE © RODALE INC.)

See Now...Pay Later on LASIK!

NEW!
NO Payments!
Interest!
For 1 YEAR!

Other LASIK providers may require minimum monthly payments. But at LasikPlus®, you'll pay **NO** interest and have **NO** monthly payments for a whole year - if paid in full within 12 months!

Tired of Glasses? Sick of Contacts?

Transform your vision at LasikPlus® with the affordability of interest-free financing. This offer is good on any of our multiple LASIK technologies, including Custom Wavefront and All-Laser LASIK.

Our LASIK Vision Exam is FREE. Find out if you are a candidate!

Some clinics offer a complimentary consultation, but make you pay as much as \$100 (or more) to meet with a doctor for an eye exam. At LasikPlus®, both the doctor exam and consultation are totally **FREE** and without obligation.

5 REASONS TO Trust the PlusSM

- 1 LASIK IS ALL WE DO**
Over 950,000 procedures nationwide since 1991.
- 2 FREE LASIKPLUS® VISION EXAM**
Get a complete LASIK vision exam at no charge or obligation. It's easy to find out if you're a candidate.
- 3 A TRUSTED LASIK PROVIDER FOR 7 OF THE 8 LEADING HEALTH AND VISION CARE PLANS**
Members could save even more!
- 4 MULTIPLE LASER TECHNOLOGIES**
Including Custom Wavefront and All-Laser LASIK.
- 5 EXPERIENCED LASIK SPECIALISTS**
With more than 57,000 procedures, Drs. Neil Wills and Jay Lustbader rank among Washington DC's most experienced LASIK Specialists.



ACT BY June 30, 2008

Call now for your **FREE**
LASIKPlus® Vision Exam!

1-866-926-EYES

(3937)
Our Appointment Desk is open 7 days a week!

LasikPlus®
VISION CENTER

Trust the PlusSM
GetLasikPlus.com

**ALEXANDRIA • ANNAPOLIS • COLUMBIA
ROCKVILLE • TOWSON • TYSONS CORNER**

© 2008 LCA-Vision Inc. Offer is subject to credit approval. *Full purchase price must be paid within 12 months of purchase. No minimum monthly payment required, and no finance charges will be assessed if the financed amount is paid in full within 12 months of purchase. If it is not, finance charges will be assessed on the purchase price from the date of purchase at a variable APR of 22.23% (as of December 1, 2007, subject to market changes). Other financing options are available. Call for details. #1 provider based on procedure volume provided by MarketScope LLC and 10-Q reports filed with the U.S. Securities and Exchange Commission for 2007.